



KARATE



PRESENTED BY
CASCO RECREATION
AND BUSHIDO KARATE DOJO

Mondays 3:20 – 4:20

Winter Session Starts December 7
Songo Locks Elementary School

To Register: Call 627-7170 or Email bkdfitness@gmail.com

For more information visit www.bkdfitness.com

- * **Discipline**
- * **Physical Fitness**
- * **Self Defense**
- * **Self Esteem**
- * **Confidence**
- * **Fun**

Experienced Instructors are on site at dismissal time.

\$90.00 for Three months
Checks payable to BKD

Uniforms available at 1st Class for \$30
Call for Payment Plan Options

Registration: Mail to BKD, PO Box 565, Casco, ME 04015

Name _____ Parent Name _____

Address _____ Town _____ Zip _____

Phone _____ Date of Birth _____ Grade _____

Emergency contact information _____

Pertinent health information _____

I, _____, hereby release the towns of Naples and Casco, their Recreation Departments and Bushido Karate Dojo and Fitness Center, their officers, agents and employees from any and all liability, claims, demands, suits or property damage and personal liability, including death which I or my estate may have against them on account of any injuries arising from or growing out of the course of my child's participation from the towns of Naples and Casco, their Recreation Departments and Bushido Karate Dojo sponsored recreational activities. I understand that if that recreational activity involves physical exercise and perhaps some health risk, I will completely release the towns of Naples and Casco, their Recreation Departments and Bushido Karate Dojo, its' officers, agents and employees from any and all claims which I may have on account of the same.

Parent Signature _____

Date _____