



After School Karate

Sponsored by Casco Recreation

Classes are safe, fun and empowering!

Fridays 3:20 – 4:20 pm
Songo Locks Elementary School Gym

To Register: Call 627-7170 or Email bkdfitness@gmail.com
For more information visit www.bkdfitness.com

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|----------------|--------------|--------------------|
| * Discipline | * Respect | * Focus |
| * Self Defense | * Confidence | * Physical Fitness |

Experienced instructors are on site for dismissal to the gym.

3-month Session Fee: \$105. Just \$35 per month!
Uniforms available at 1st Class for \$30.

\$90 session fee for each additional household family member.

Checks payable to BKD.

Visit www.bkdfitness.com to print monthly payment plan agreement.

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

Name _____ Parent Name _____

Address _____ Town _____ Zip _____

Phone 1 _____ Phone 2 _____ Date of Birth _____

Email _____ Health information _____

Age _____ Clothing Size _____

Liability Waiver and Medical Release: I _____ hereby release Casco Recreation, it's employees, agents, officers and volunteers from any liability claims, demands or suits for property damage, personal injury or death, which could arise out of the course of participating in this program. I understand that this activity involves physical exercise and perhaps a health risk and I will release Casco Recreation from any claims. I also grant permission for emergency medical attention should I not be able to be reached at the telephone numbers provided. I grant permission to Casco Recreation to use photos from their programs in any and all publications or promotions without payment or consideration. Names will not be used in conjunction with the photos unless other permission is granted.

Signature _____ Date _____

I _____ hereby release Bushido Karate Dojo, it's employees, agents, officers and volunteers from any liability claims, demands or suits for property damage, personal injury or death, which could arise out of the course of participating in this program. I understand that this activity involves physical exercise and perhaps a health risk and I will release BKD from any claims.

Signature _____