

AFTER SCHOOL KARATE

Sponsored by Casco Recreation



**Karate Makes Kids
Stronger, Safer and Smarter!**



**Fridays 3:20 – 4:20 pm
Songo Locks Elementary School Gym
Fall Session: September 14 – December 7**

New Student Package...3 Monthly Payments of \$56 includes:
Karate Uniform, 3-Months After-School Karate, and a Healthy Snack Every Week.

Returning Karate Students...Monthly payment of \$40 Includes:
After-School Karate Classes and a Healthy Snack Every Week.

\$5 discount on monthly fee for each additional household family member.
Online Registration and Payments Accepted.

Register at www.bkdfitness.com

FMI Call: 627-7170 Email: bkdfitness@gmail.com Visit: www.cascomaine.org

Caring and Knowledgeable Instructors will be waiting for your child in the gym.
Please send a note every week for your child to be dismissed for Karate.

Songo Locks Karate Registration: Can Bring Form and Payment to first Class.

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 _____