



Poland Recreation Presents:

Kids After School Karate

Our classes are safe, fun and empowering!

Fridays 3:30 - 4:30 PM

Poland Community School Gym

Spring Session Starts March 17

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

To register or for more information: Call 627-7170

Email: bkdfitness@gmail.com Visit: www.bkdfitness.com

Experienced instructors are on site for dismissal.

After school Karate program available throughout the school year.

Session Fee: \$110.

\$95 for each additional household family member.

Checks payable to BKD.

Uniforms available from instructor at 1st Class for \$30

Monthly Payment Plans available.

Poland Recreation 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 Poland 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 Poland 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 Poland 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 _____