Margate Community Education and Recreation Department
8103 Winchester Avenue, Margate City, New Jersey 08402
609-823-6658
www.margate-nj.com/recreation

Self-Defense For Women

This NEW six-week comprehensive course offered by Modesto's Karate Academies, will cover awareness, prevention, avoidance, risk reduction and basic hands-on defense training. Participants will also be taught offensive and defensive postures, how to recognize vulnerable locations, how to defend against choke holds and various restraining techniques. *Please Wear Comfortable Clothing. Please Note: Minimum Number Of Students Required To Run Course. Pre-Registration Required!*

Thursday: 2/02/17-3/09/17
5:30-6:30 pm $79.00/Student (Ages: 14 & Up)
William H. Ross III School Cafeteria Coordinated By Modesto's Karate Academy

REGISTRATION INSTRUCTIONS

Please complete this form and attach your payment. You may drop them in the "Margate Community Education & Recreation Department's Mailbox," which is located on the wall in the main entrance area @ William H. Ross III School. Please Make Checks Payable To: Margate Recreation.

MARGATE RECREATION REGISTRATION FORM

Name of Class: **Self-Defense For Women (Winter 2017)**

Name of Student : _____ Age:_____

Best Contact Phone #: _____

E-Mail Address: _____

Please List Any Medical Conditions: _____

Emergency Contact Name & Number: _____

Student's Signature:_____
(Parent's Signature If Under 18 Years Of Age)

You have my permission to video or photograph me while participating in activities sponsored by the Margate Recreation Department and for these videos or photographs to be used for the advertisement and promotion of Margate Recreation Programs and other Margate City activities.

I am the parent/lawful guardian *(if student is under 18 years of age)* of the student named herein and I am authorized to execute this release.

_____ _____ _____
Signature *Print Name* *Date*

Please Complete Waiver ————>

AMATEUR ATHLETIC WAIVER AND RELEASE OF LIABILITY

In consideration, of being allowed to participate in ***Self-Defense For Women (Winter 2017)*** within The Margate City Recreation Department's athletic/sports/recreation programs and related events and activities, the undersigned:

Agrees that prior to participating, the undersigned will inspect the facilities and equipment to be used, and if the undersigned believes anything is unsafe, they will immediately advise their coach or supervisor of such condition (s) and refuse to participate.

Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and social and economic losses which might result from their own actions, inactions or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.

Agrees to assume all the foregoing risks and accept personal responsibility for damages following such injury, permanent disability or death.

Agrees to release, waive, discharge and covenant not to sue the City of Margate nor the Margate City Board of Education, their respective administrators, directors, agents, coachers, and other employees of the organizations, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and leasers of premises used to conduct the event, all of which are hereinafter referred to as "releasees," from demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise.

The Undersigned has read the above waiver and release, understands that he/she has given up substantial rights by signing it and signs it voluntarily.

_____

Child's/Student's Printed Name (First & Last)

_____ _____

Signature of Parent/Guardian *Date*

Relationship to Above Listed Student? [ ] Self [ ] Parent [ ] Guardian

_____ _____

Street Address City

_____ _____

State Zip Code