

BASHTA'S MARTIAL ARTS
905 SHEPARD AVE.
HAMDEN, CT 06514
203.248.2274

HAMDEN RECREATION DEPT.
2750 DIXWELL AVE
HAMDEN, CT
203.287.2579



BASHTA'S MARTIAL ARTS

AND

HAMDEN RECREATION DEPARTMENT

PRESENT AN INTRODUCTORY MARTIAL ARTS PROGRAM

BASHTA'S MARTIAL ARTS INTRODUCTORY PROGRAM IS DESIGNED FOR CHILDREN BETWEEN THE AGES OF 6 AND 12. OUR APPROACH IS TO PRESENT TRADITIONAL TIME-TESTED TECHNIQUES IN A PROGRESSIVE, MODERN MANNER. WHILE LEARNING THE FUNDAMENTAL KICKS, STRIKES AND BLOCKS, THE STUDENT WILL ALSO BE LEARNING BALANCE AND COORDINATION. WE STRIVE TO INSTILL IN ALL OUR STUDENTS THE OLD WORLD VALUES OF RESPECT AND DISCIPLINE, WHILE TEACHING SELF DEFENSE AND BUILDING SELF ESTEEM IN A FUN AND EXCITING ATMOSPHERE.

OUR INTRODUCTORY PROGRAM RUNS FOR A PERIOD OF SEVEN WEEKS. IN CASE OF AN UNFORSEEN CANCELLATION, THE CLASS WILL BE MADE UP AT THE END OF THE SEVEN CLASSES. CLASSES MEET ON WEDNESDAYS. THE PROGRAM DATES ARE:

9/21, 9/28, 10/5, 10/19, 10/26, 11/2, 11/9

PROGRAM COST: \$70

**CLASSES ARE HELD AT SHEPHERD GLEN SCHOOL
CLASS TIME: 6:00PM - 7:00PM**

REGISTRATION FORM

NAME _____

D.O.B _____ AGE _____ MALE _____ FEMALE _____

PHONE(HOME) _____ (WORK) _____

ADDRESS _____ ZIP CODE _____

SCHOOL _____

WAIVER HOLD HARMLESS

The undersigned parent or guardian of the above named child do hereby agree to waive, release, and hold harmless Bashta's Martial Arts, the Town of Hamden and the agents and employees of both from any and all causes including personal injury. I understand that insurance coverage is my responsibility.

SIGNATURE _____ DATE _____

CHECK: _____ CASH: _____ PLEASE MAKE ALL CHECKS PAYABLE TO BASHTA'S MARTIAL ARTS

CHECK# _____ RECEIPT# _____

RETURN CHECKS TO BASHTA'S MARTIAL ARTS (905 SHEPARD AVE. HAMDEN, CT 06514) OR HAMDEN RECREATION DEPT. // NO REFUNDS