

Freetown – Lakeville
Community Recreation Department



Thursdays, February 28 – April 10

Ages 4 – 7 6:00 – 6:45 p.m.
Ages 8 – 12 7:00 – 7:45 p.m.

Freetown – Lakeville Middle School / Choral Classroom (Gym Entrance)

Cost \$70* Resident / \$90* Non-Resident

*This price already includes a \$10 non-refundable registration fee. Only credits will be issued for future programs for any cancellations.

Classes include limited contact and promote the development of personal skills such as:

- Self-Defense and Personal Protection
- Non-Violent Conflict Resolution
- Improve Fitness, Coordination, Strength and Flexibility
- Improve Concentration, Problem Solving and Goal Setting
- Increase Confidence, Self Esteem, Communication & Leadership Skills

Students should wear loose fitting clothes

Instructor Allen Scott is a third degree Black Belt who has trained in the martial arts for more than 25 years. He owns a karate school in Lakeville.

Karate & Martial Arts

Name: _____ Age: _____

Address: _____

Telephone _____ Emergency # _____

E-Mail: _____ Medical Conditions: _____

I hereby release and save harmless the towns of Freetown and Lakeville, the Freetown – Lakeville Regional School Committee and the Freetown – Lakeville Regional School District any and all liability for any injuries, loss, or other claims arising out of or resulting from or incurred during the use of school facilities and property by the person or persons identified above. I agree, by my signature, to abide by the rules of fair play and good sportsmanship policies of the Community Recreation Program.

Parent / Guardian Signature: _____ Date: _____

Checks payable to FLRSD (Freetown-Lakeville Regional School District)

Mail to: Freetown – Lakeville Community Recreation Department
98 Howland Road, Lakeville, MA 02347
(508) 923-6446 / flcommrec.com

