



# Women's Self Defense Class

**Master: Ed Langrand**

**5th Degree Black Belt-Tae Kwon Do**

"Don't cry for help,  
let your assailant  
do it for you!"



**1 Day session - \$20**

**Saturday January 20, 2018**

**11:00AM-2:00PM**



# Activity Registration



Household LAST NAME

Household FIRST NAME

MAILING ADDRESS

CITY

ZIP

PHONE: HOME ( )

WORK ( )

EMERGENCY ( )

VISA

MC

Email address: \_\_\_\_\_

CASH

CHECK

CHECK #: \_\_\_\_\_

REC'D BY: \_\_\_\_\_

## PARTICIPANT INFORMATION

Participant First Name	Last Name	DOB	gender	Activity Name	Activity #	Fee
		/ /	M F			
		/ /	M F			
		/ /	M F			
		/ /	M F			

## PARTICIPANT RELEASE

TOTAL FEE: \_\_\_\_\_

I, the below signed as an adult (or the parent of), do hereby release the City of Delta, its agents or employees, from liability for any injuries or damages which may result to myself (my child) as a result of the participation of myself (my child) in the City of Delta Recreation Program. Further, the applicant agrees to save and hold harmless the City of Delta, its officers, agents, or employees, for any damages or personal injury which may result from activities occurring on the property of the City of Delta which is used in conjunction with the Delta Recreation Program

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

## Women's Self-Defense

Check	Class	Day	Time	POS #	Fee
√	Women's Self-Defense	Saturday (01/20/2018)	11:00AM- 2:00PM	109039G	\$20

For more information contact Fitness Dept. @ 874-0923