

# NORTH SALEM RECREATION DEPARTMENT



All programs are located at the  
Modern Martial Arts Westchester Facility, 333 North Bedford Rd. Mt. Kisco



## Eight-week session Thursdays, March 26 to May 21, 2020

### **Tiny Champs – ages 3 - 4**

1:30pm to 2:00pm

An excellent way to introduce your children to martial arts! Here they are taught basic martial arts in a fun and friendly environment.  
Fee: \$170 – includes basic training uniform

### **Little Champs– ages 5 - 7**

4:15 pm to 4:45pm

Students will learn martial arts techniques, elements of self-defense as well as important values and life skills.  
Fee: \$190 – includes basic gear package



Martial Arts for  
Adults and  
Children!

### **Junior Basic – ages 8 - 13**

5:15 pm to 6:00pm

Our Youth martial arts program increases focus on technique and skill.  
Fee: \$190 – includes basic gear package

### **Adult Kickboxing – ages 14+**

6:45pm to 7:30pm

Using Muay Thai striking techniques, participants increase their strength, stamina and endurance on Wavemaster heavy bags.  
Fee: \$\$190 – includes basic gear package



### **Adult Jiu-Jitsu – ages 14+**

7:30pm pm to 8:30pm

This fun, safe and effective program is utilized by people from all walks of life, from everyday men and women interested in learning martial arts for self-defense, to Ultimate Fighting competitors, to Special Forces and Law Enforcement personnel.

Beginners are always welcome.

Fee: \$\$190 – includes white trial Gi



For more info or to register for any of these programs, contact the Rec Dept. at:

[www.northsaalemny.org/recreation](http://www.northsaalemny.org/recreation) (914)669-5665

# NORTH SALEM RECREATION DEPARTMENT



## WESTCHESTER

333 North Bedford Rd. Mt. Kisco

I am registering for: *(Circle one class below – please, only one class per form)*

**8 weeks - Thursdays, March 26<sup>th</sup> – May 21<sup>st</sup>, 2020**

<b>Tiny Champs – ages 3-4</b> 1:30pm to 2:00pm Fee: \$170	<b>Little Champs – ages 5-7</b> 4:15 pm to 4:45pm Fee: \$190	<b>Junior Basic – ages 8-13</b> 5:15 pm to 6:00pm Fee: \$190
<b>Adult Kickboxing – Ages 14+</b> 6:45pm to 7:30pm Fee: \$190	<b>Adult Jiu-Jitsu – Ages 14+</b> 7:30pm pm to 8:30pm Fee: \$190	All include a basic gear package

**DEADLINE: 3/18/2020**

Name \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_ Cell/ Other \_\_\_\_\_

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

If under 18, Parent's Name \_\_\_\_\_

I hereby release the Town of North Salem, it's officials, employees and volunteers of any liability whatsoever in connection with any damages and or injuries that I or any of my family may sustain as a result of participation in the programs of the North Salem Recreation Department. A full refund will be given if the Recreation Department cancels this program prior to the start date.

It is my responsibility to check with my doctor to ensure this program is right for me. All participate at their own risk. The Town of North Salem does not carry insurance to cover hospitalization or medical costs of persons injured while participating in any Recreational Programs.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**Please return form and payment to the North Salem Recreation Department:**

270 Titicus Rd, North Salem, NY 10560

Make check payable to: North Salem Recreation

For more information - call (914)669-5665 or [Recreation@northsalemny.org](mailto:Recreation@northsalemny.org)