

Ridgewood Parks and Recreation



“Stay Safe”

Middle School Self-Defense Workshop

Join Phil Ross, 8th Degree Black Belt, as he teaches students how to protect themselves using various techniques:

- Mindset
- Kicks, Strikes and Blocks
 - Defensive Tactics
 - Demonstrations

Thursday, November 1, 2018

3:45 pm to 5:15 pm

Anne Zusy Youth Lounge

The Community Center at Village Hall
131 N. Maple Avenue, Ridgewood

Registration required. Cost: \$20
(\$30 non-residents)

Call 201-670-5500 ext 301 for details.
Please wear comfortable clothing
and sneakers.

Program Registration - Online at www.ridgewoodnj.net/communitypass

Program Registration

In person or by mail: The Stable, 259 N. Maple Ave., Ridgewood, NJ 07450 Tel: 201-670-5560

Please make checks payable to: **Ridgewood Parks and Recreation**

Name _____

Telephone _____

Address _____

Program: **“Stay Safe” Middle School Self-Defense**

Email _____

Check # _____ Cash _____

Emergency Contact Name _____

Telephone _____

I agree to participate in the above Village approved Recreation activity. I assume all risks and hazards incidental to such participation. I hereby waive, release, absolve, indemnify and agree to hold harmless the organizers, sponsors, supervisors, and persons involved in the activities for any claim arising out of an injury, whether the result of negligence or for any other cause, except to the extent and in the amount covered by accident insurance.

Participant Signature _____

Parent Signature (if under 18 years of age) _____