



Introduction to Martial Arts

Spring
Summer
2010



Interested in learning Martial Arts and Life skills? The Bridgewater Recreation and Somerville Martial Arts Academy have teamed up to give boys and girls of all ages the opportunity to learn the basic Martial Arts Techniques as well as Mat chats about Fitness, Goals, Courage, and Self-esteem.

Boys/Girls ages 3 and 4 class times are:
 Tuesday 5:00 to 5:30 Friday 6:00 to 6:30 and Saturday 10:30 to 11:00am

Boys/Girls ages 5 to 10 class times are:
 Tuesday 5:00 to 6:00 Wednesday 6:30 to 7:30 Thursday 4:30 to 5:30 Friday 6:00 to 7:00 Saturday 10:30 to 11:30

Teens ages 11-14 class times are:
 Tuesday and Thursday Nights at 7:45 to 8:45 Saturday 9:30 to 10:30am

7 week program cost \$74.00 - checks payable to *Somerville Martial Arts*. Space is limited; Registration is based on first come first serve at the Bridgewater Recreation Department.
 Session Start Dates: Sessions run on a continuous basis... hop in anytime March to August 2010

Bridgewater Recreation is excited to be working with Somerville Marital Arts! They are dedicated to providing a safe and family-oriented Martial Arts and Fitness experience for students of all ages. Their mission is to foster opportunity for personal development, confidence, health and self-improvement through focused training. They promote physical fitness and positive social interaction in a courteous and fun atmosphere. Their greatest responsibility is to instill in their students a sense of discipline, ethics and confidence, inspiring leadership for our community. Fitness programs include Cardio Kickboxing (adults only) L.I.F.E. – a 10 week strength training course (adults only). Students and enthusiasts of Martial Arts have many reasons for their interest in this and other martial art styles. Some are drawn to the physical fitness and weight-loss aspects of training. Others seek to add discipline and self control to their lives. While still others are concerned about safety and self defense. Whether you are interested in our programs for mental or physical well being, Somerville Martial Arts Academy offers a number of programs that will fit your developmental needs and your busy schedule as well. Marital Arts programs include classes for all ages: Tiny Tigers 3-4 year olds, Children's Class 5-10 year olds, Teens Class 11-13 year olds, Adult classes 14 years old and up. Registration is through the Bridgewater Recreation Department. Questions regarding classes contact Somerville Martial Arts 283 South Bridge Street – Somerville, NJ 08876 908-575-8700 www.somervilemartialarts.com.

Three ways to register! In person at the Bridgewater Recreation Department (100 Commons Way - Bridgewater) 9am to 5pm Monday to Thursday 8am to 5pm Friday, drop registration off in the REC mailbox located on Municipal grounds or via postal service.

Bridgewater Recreation Department 100 Commons Way – Bridgewater, NJ 08807 908-725-6373 office hours 9am to 5pm Monday to Thursday 8am to 5pm Friday
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 2010 Martial Arts (Spring & Summer) \$74.00 checks payable to "Somerville Marital Arts" (regretfully no cash payment accepted)

		Male or Female	
Participants Last Name	First Name	Circle Gender	
Mailing Address	Township	State/Zip	
Home #	1 st Cell #	2 nd Cell #	Work #
Email Address (print legibly)	Date of Birth	Age	Session Day & Time

If the participant has individualized needs due to a disability, please check the following and someone will contact you regarding reasonable accommodations. « Yes, I will need to be notified regarding special considerations for my child.

SMAA urges all members to obtain a physical examination from the physician prior to attending any martial arts class. In recognition of the possible dangers connected with any physical activity, member(s) hereby knowingly and voluntarily waive any cause of action of any kind what so ever arising as the result of such activity from which any liability may or could occur to SMAA and their officers, employees and agents. Other than in the case of a member moving from the Central New Jersey area, or a member who, due to a permanent medical condition, is no longer able to participate in the activities offered at SMAA, there will be no refunds of amounts paid to SMAA. by signing below, I acknowledge that I have read, understand and agree to comply with the provisions of this release. Please note that the Bridgewater Township Recreation Department does not provide individual medical coverage for its participants. Each participant will be covered under his/her family's medical policy. It is recommended that families have insurance before participation. The Recreation Department reserves the right to cancel, alter, supplement, limit registration or change any other information.

_____/_____/_____
 Parent/Guardian Signature Date
 Bridgewater Recreation Department 100 Commons Way – Bridgewater, NJ 08807 908-725-6373 office hours 9am to 5pm Monday to Thursday 8am to 5pm Friday

