

# KIDS KARATE PROGRAM



**DATES/FEE:** Sept 9 – Oct 28, 2019 - \$80.00 **DAY/TIME:** Mondays 6:00 PM to 7:00 PM

**AGES:** 5 yrs & older

This martial arts program will feature a traditional Martial Arts curriculum that has been established for over 45 years. With an emphasis on childhood development and goal setting, this program promotes “Discipline of Mind and Body” and the development of a positive winning attitude!

The program is directed by the founder of the Kokoro Kai Association, Mr. Jonathan Exaros, whose Headquarters Academy is based out of Horsham, PA. Jonathan has been studying the martial arts since the early 1970’s and has been operating the Academy for the past 25 years. An overwhelming majority of the staff members have grown up in the program and are now highly successful adults who are using their martial arts training to reach their own personal goals and development. The Academy is very pleased to be partnering with Lansdale Parks and Recreation, and is enthusiastic about bringing their unique and proven methods of teaching children to the Lansdale community.

Focus of the course will be Self-Discipline / Focus / Anti-Bullying Tactics / Goal-Setting / Realistic Self-Defense / Anti-Abduction Tactics.

**Lansdale Parks & Recreation**

[www.lansdale.org](http://www.lansdale.org)

**215-361-8352**

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PARTICIPANT’S NAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

ADDRESS \_\_\_\_\_

HOME PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

Mother’s Name \_\_\_\_\_ CELL \_\_\_\_\_

Father’s Name \_\_\_\_\_ CELL \_\_\_\_\_

I hereby allow my child/children to participate in the Lansdale Department of Parks and Recreation Karate Program and release Lansdale Borough and/or their respective heirs, assigns, and employs from any liability incurred by my child’s/children’s participation in this program.

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)

VISA/MASTERCARD/DISCOVER ACCEPTED ONLINE AND IN-PERSON REGISTRATIONS (2.49% CONVENIENCE FEE ADDED)

CHECKS MADE PAYABLE TO: LANSDALE BOROUGH

MAIL TO: LANSDALE P&R, ONE VINE STREET, LANSDALE, PA 19446

\$80	CASH	CHECK	V/MC/DIS	OFFICE USE ONLY	RECEIVED _____
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