

MIXED MARTIAL ART WORKOUT

for Advanced Adults



WHO: Advanced Adult (**Black Belt or Equivalent ONLY**)
 * **Proof of rank is required! Must be presented to Coordinator Al Shackil.**
 * **Participation acceptance is subject to approval by the instructor!**

WHAT: Workouts will cover Karate, Tae Kwon Do, Ju Jitsu, Cha Na, Judo & Kung Fu Techniques.

WHEN: Wednesdays: Continuous Program from 8:00pm to 10:00pm

WHERE: Activities Building located at 91 Passaic Valley Road in Montville (across from Willow Creek Stables).

INSTRUCTOR: Al Shackil/7th Degree Black Belt

COST: **FREE. Must be pre-registered.**

SUBMIT FORMS TO: Montville Recreation (located at 195 Change Bridge Road in Montville)

REGISTRATION PROCEDURES:

- In Person on the Rec Desk Kiosk,
 - On-Line from Home,
 - Payment Drop Box in Municipal Building's Parking Lot **OR**
 - Snail Mail (*must have family page set up on Community Pass*)
- For On-Line Registration !!! Go to the town's website at: <http://www.montvillenj.org/RecRegistration>
 To Download Registration Forms go to: <http://www.montvillenj.org/RecFlyers>

****NOTE: If coming to the Rec Dept, you will register directly on the Kiosk at the Rec Desk. No need to fill out paperwork!**

CLASS SIZE IS LIMITED !!! FIRST COME, FIRST SERVE !!!

QUESTIONS ??? Call Recreation: (973) 331-3305 OR Visit our Website: www.montvillenj.org



LIKE us on FACEBOOK at: <https://www.facebook.com/Montvillerec/>



MIXED MARTIAL ARTS WORKOUT for Adults 2020

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Participant Name _____ M/F _____ Age _____ D/O/B _____

Address _____ Town _____ Zip Code _____

Cell Phone # _____ Home Phone # _____

E-Mail/s (Please print clearly! Distinguish b/w letters & numbers!) _____

Emergency Name & Phone # _____

Known Medical Conditions/Allergies _____

Please list any special needs that you may have that will assist us in providing a successful program:

I understand that the Recreation Department DOES NOT provide accident insurance.

I understand that participation in this program is done at my own risk. Recognizing that there is a risk of injury associated with this program, I release, indemnify and hold harmless the Township of Montville, the employees and program instructors from and against any and all claims.

PARTICIPANT SIGNATURE _____ DATE _____

FOR OFFICE USE (12/9/19): Received By _____ Date _____ **PROGRAM # 876**