



Somers Sports & Fitness Center
 245 Route 100
 Somers, NY 10589
 914-301-3861
 www.somerssports.com



Women's Self Defense

FEAR LESS

A TRAINING COURSE FOR TEENAGE GIRLS
8 week program begins Jan. 25th 2010

Who: Young Women Ages 13 - 19

When: Mondays 1/25- 3/22 (no class 2/15)

Times: 6:00pm to 7:00pm

Where: Somers Sports Center

Fee: \$199.00

- ◆ This course will teach our daughters, in a safe and controlled, but realistic manner, how to defend themselves in a violent encounter.
- ◆ During the course our kids will learn how to recognize fear, when to act, how to act, and with which level of force.
- ◆ Course calls for classroom lectures by subject matter experts, reading material, as well as active physical participation and Krav Maga based defensive tactic training by certified Instructors.

More details on reverse side.

Space is limited...register early!

For More Information
 Email: info@somerssports.com
 Telephone: 914-301-5861

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Women's Self Defense Program Registration Form

Participants Name: _____
 D.O.B.: ___/___/___ Age: ___ years
 Parent / Guardian Names: _____
 Postal Address: _____
 City: _____ State: _____ Zip: _____
 Telephone: _____ Email: _____
 In case of emergency call: _____ Phone # _____

- . This form must be completed and accompanied with payment in full in order for your registration to be accepted.
- . One registration form per participant.
- . A program may be canceled if there is not the minimum number of participants registered.
- . If Somers Sports & Fitness Center cancels a class due to inclement weather or other emergency, a makeup class will be scheduled.
- . There are no make-ups for classes missed.
- . Returned checks are subject to a \$25.00 fee

I have read and agree to the Terms & Conditions on the reverse side of this form

Legal Guardian Signature: _____ Date: _____

This is an 8-week long FEAR LESS defensive tactics program offered by Krav Maga NY and Somers Sports to teenage girls ages 13 to 19.

This course will teach our daughters, in a controlled, safe, but realistic manner, how to defend themselves in a violent encounter.

During the course our kids will learn how the law defines a violent encounter, how to recognize fear, when to act, how to act, and with which level of force.

Although this is an introductory course, Krav Maga is street survival and best received by a mature audience.

Course calls for classroom lectures by subject matter experts, reading material, as well as active physical participation and Krav Maga based defensive tactic training by certified Instructor.

Classes begin January 25th at 6 pm. This first session will run 2 hours. Classes will meet thereafter once a week on Monday nights from 6 to 7 pm as follows: 2/1, 2/8, 2/22, 3/1, 3/8, 3/15, and 3/22. Parents are welcome to watch. A complimentary FEAR LESS t-shirt will be given to all participants.

Fee Includes:

Workbooks and use of force presentation provided by attorney Rick V.

Required reading materials provided by Krav Maga NY – www.kmny.us

Hands on defensive tactics training provided by Krav Maga NY

Facility & equipment provided by Somers Sports & Fitness

About Your Instructors:

Davide G.

Davide is the Director of Human Resources for Genergy Worldwide, an infrastructure services company specialized in energy tracking and cost allocation / recovery. Davide has been training in Martial Arts for nearly 15 years. He is certified through Krav Maga Worldwide and teaches kids, adults, and law enforcement. His style, knowledge and passion are unique, and the level of experience he brings is noticeable. Davide is also a Lethal Force Institute graduate having completed both series I and II.

Rick V.

Rick V. is an Attorney at Law, a NYS Peace Officer, a NYS Peace Officer Instructor, an Emergency Preparedness Instructor and a Pilot for the US Dept of Homeland Security. Rick is also an avid Krav Maga practitioner and actively working toward his Level II certification.

Acknowledgment of Risks, Injury & Obligations

I acknowledge that the activity I am/my child is about to undertake is a dangerous activity and that by participating in it I am/my child is exposed to certain risks.

I acknowledge and understand that whilst participating in such activity;

- I/My child may be injured, physically or mentally, or may die;
- My personal property may be lost or damaged;
- Other persons participating in such activity may cause me/my child injury or may damage my property
- I/My child may cause injury to other persons or damage their property
- The conditions in which the activity is conducted may vary without warning
- I/My child assume the risk of and responsibility for any injury, death or property damage resulting from my participation in the activity.

Release and Indemnity

I participate in the activity at my sole risk and responsibility. I release, indemnify and hold harmless Somers Fitness Center, its servants and agents, from and against all and any actions or claims which may be made by me or on my behalf or by other parties for or in respect of or arising out of any injury, loss, damage or death caused to me or my property whether by negligence, breach of contract or in any way whatsoever. I affirm that I am of legal age and am freely signing this agreement, or that I am the parent or legal guardian of the minor for whom I am giving up legal rights and/or remedies which may be available to me for ordinary negligence of the center.