

POWER UP

SELF DEFENSE FOR WOMEN & YOUNG WOMEN

2-HOUR SELF DEFENSE COURSE
CONCORDIA ELEMENTARY SCHOOL GYM
OCTOBER 13, 2018 from 9:00AM to 11:00AM

Registration Form

(PLEASE PRINT)

NAME _____ AGE _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____ CELL _____

E-MAIL _____

EMERGENCY CONTACT _____ Phone # _____

T-Shirt Size

___ Small

___ Medium

___ Large

___ X Large

___ 2XLarge

___ 3XLarge

Pre-Registration is required by October 2, 2018.

Please return your completed registration form to the Concordia Area Chamber of Commerce at 802 S. Gordon, Concordia, MO 64020 or concordiachamber@centurytel.net.

Strict safety rules will be observed at all times. At the class session, participants will be required to sign a waiver releasing Power Up of any liability.

Participants under the age of 18 will require the signature of a parent or guardian at the time of class. This class is designed for ages 10 and up.

Concordia
Area
Chamber
of Commerce


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