



Immaculate Conception School  
After School Program

**Afterschool Self Defense Program – Krav Maga**

**From the Krav Maga Centers of America:** Every child needs a chance to thrive in school, and we believe that is best accomplished with good health and confidence. Krav Maga Centers of America has designed an innovative and dynamic program for kids. A cornerstone in any child’s success is being confident and practicing discipline from a young age. Participants in our afterschool self defense program will experience a unique blend of real-world self defense training and our highly effective and efficient hybrid fitness formula.

**Our Mission**

Our goal is to introduce and develop confidence, discipline and real self defense skills in our students. Knowing how to protect oneself creates an unmistakable confidence in any person, which directly translates to confidence in other walks of life, such as in the classroom, on the sports field and more. In our classes, we not only teach self defense skills, ut also cultivate the social skills of leadership, teamwork, and communication. Using our hybrid fitness formula, we also aim to improve the coordination, agility, strength, and flexibility of our participants so that they live healthy and safe lives.

I.C.S. is very pleased to have renewed our ASP Krav Maga martial arts program for Wednesdays and Thursdays. If you would like to participate in this fantastic class, please complete the bottom of this form, and return it to the school office as soon as possible. Classes begin September 14, 2016.

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Yes, I would like my child to participate in the Krav Maga Afterschool Program.

I understand that attendance will be taken and a \$10.00 fee will be charged for each session in addition to the regular ASP fee. If he/she becomes a member of this program I understand that he/she must be focused and show up for classes regularly. He/she must also agree to work cooperatively with their instructor and team members in the spirit of respect and learning, demonstrating their best conduct as a representative of our school.

The instructor and/or Immaculate Conception School reserves the right to withdraw any member who is not fulfilling the requirements. I also agree that the instructor and/or Immaculate Conception School is not liable for any personal injury or property damage as a result of participating in this program.

Please indicate your choice, Wednesday, Thursday, or both:

UPK, K, Gr. 1            3:10 – 3:55pm            Wednesday \_\_\_\_\_ Thursday \_\_\_\_\_

Gr. 2, 3, 4            4:00 – 4:50pm            Wednesday \_\_\_\_\_ Thursday \_\_\_\_\_

Gr. 5, 6, 7, 8            5:00 – 5:50pm            Wednesday \_\_\_\_\_ Thursday \_\_\_\_\_

Student’s Name \_\_\_\_\_ Grade \_\_\_\_\_

Parent’s Signature \_\_\_\_\_ Date \_\_\_\_\_