

P.V.E.S. Taekwondo Club

Monday's 7:45 - 8:45am in the Old Gym

Held every Monday school is in session

Session 1: Oct. 16th - Jan. 29th

Session 2: Feb. 5th - May 14th

With awards and participation certificates for all students.

\$156 per session

Sign up at PVPR or Mail in to
PVPR

265 Oscawana Lake Rd.

Putnam Valley, NY 10579

845-526-3292

Chung Ma's Taekwondo

7 Lupi Plaza, Mahopac

845-628-7760

chungmas01@aol.com



Chung Ma's Taekwondo will again be offering their fun and exciting Taekwondo Club for all Putnam Valley Elementary school students.

This year's program will consist of learning the basic blocks, kicks and punches of the martial art for all new students and broadening the knowledge of all rejoining members in a safe fun atmosphere. By learning these techniques we will not only be enhancing the student's physical abilities but also their confidence, self-control, focusing skills, self-defense and the "Yes I can attitude". Board breaking and special games will also be a part of the program to help teach the martial art and stimulate the children's physical and mental abilities.

The instructor for the class will be Master Wayne DeRosa, who is a 7th degree black belt and also National and International Champion

Putnam Valley Parks & Recreation Registration Form

Name: _____

Parent/Guardian: _____

Address: _____ Email: _____

Home Phone: _____ Cell / _____

Work Phone: _____

Emergency Contact: _____ Phone

Number: _____

By my signature I have read and also understand the Putnam Valley Parks & Recreation Registration and Policies Statement. I assume all risks of personal injury involving these activities. Acting for myself or son or daughter. I do hereby release the Town of Putnam, the Parks & Recreation Commission, its staff and special instructors of all liabilities including claim and suits of law or equity, for any injuries which result directly or indirectly by reason of participation in the above activities.

I am aware that the Town of Putnam Valley does not provide Accident Insurance.

Signature: _____

Date: _____