



2011-2012 Derry Judo Club

Derry Parks & Recreation Department
31 West Broadway, Derry NH 03038
Phone: (603) 432-6136 Fax: (603) 432-6758



The Town of Derry Parks & Recreation sponsors a Judo class held at Veterans Hall with instructor Roger Lenfest, a 3rd degree black belt and nationally certified coach. Mr. Lenfest is assisted by the founder of the Derry Judo Club, Chris Veziris, a 6th degree black belt and nationally certified coach, along with several other nationally ranked black belts. The Derry Judo Club teaches the art of Judo in a safe manner. Students who join are first taught conditioning exercises, then how to roll and fall. From there, in a structured and supervised setting, students learn throws and ground techniques, counters to throws and ground techniques, and depending on age and rank, students are also taught strangles and arm bars. The United States Judo Association (USJA) nationally sanctions all ranks given. All students who join the Derry Judo Club must also be a member of the USJA. USJA membership forms can be obtained at the Derry Parks & Recreation Office. All new participants must also fill out a Judo Photo Waiver, which can be obtained at the Derry Parks & Recreation Office.

**Classes are held on Mondays and Wednesdays, 7:00 – 8:30 p.m.
Veterans Hall – 31 West Broadway, Derry, NH**

The 2011-2012 session dates are as follows:

| | Session I Dates | Session II Dates | Notes |
|---------------|--|--|--|
| Fall | September 7 th – October 12 th | October 17 th – November 23 rd | No class Sept. 5 th , Oct. 10 th , Nov. 23 rd |
| Winter | November 28 th – January 4 th | January 9 th – February 15 th | No class Dec. 26 th , Jan. 2 nd , Jan. 16 th |
| Spring | February 20 th – March 28 th | April 2 nd – May 9 th | No class Feb. 20 th |
| Summer | May 14 th – June 20 th | June 25 th – August 1 st | No class May 28 th , July 4 th |

Derry Judo Club fees are as follows for each 6 week session:

Please note, ALL registration fees must be received in the Recreation Office prior to participation in any Judo program. Participants without payment or a current registration form will not be permitted to join a class until they are received.

| | Fee | Notes |
|-------------------------------------|------------|---|
| Students 16 yrs. & under | \$30.00 | Cash or check payment accepted (payable to Derry Parks & Recreation Dept.) |
| Students 17 – 64 yrs. | \$40.00 | Cash or check payment accepted |
| Students 65 yrs. & over | \$30.00 | Cash or check payment accepted |
| Family Rate | \$20.00 | Begins with 2 nd family member. Cash or check payment accepted. |
| USJA Membership | \$45.00 | All participants must have a current membership on file with the Judo Club. A separate check made payable to USJA must be submitted for this fee. |



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Name:

Address:

Town: State: Zip Code:

Home Phone: Cell Phone:

Email:

Birth Date: Age: Gender:

Please check off the session you are currently registering for. Payment MUST be made for all session checked.

Fall 1
Sep. 7 – Oct. 12

Fall 2
Oct. 17 – Nov. 23

Winter 1
Nov. 28 – Jan. 4

Winter 2
Jan. 9 – Feb. 15

Spring 1
Feb. 20 – Mar. 28

Spring 2
Apr. 2 – May 9

Summer 1
May 14 – Jun 20

Summer 2
Jun 25 – Aug. 1

WAIVER

Participation in this sport/activity may involve risk of injury. As a parent/guardian/participant I am aware of these hazards and of the ability to participate. In consideration for participation in this program, I hereby for myself, my heirs, executors, and administrators waive and release all rights and claims against the Town of Derry, Derry School District, its officers, employees, agents, volunteers, supervisors from all losses, injury, damages, fees, and other expenses, arising out of or in connection with participation in the activity/sport. The above named cannot be responsible for any aggravation or injury caused as a result of pre-existing physical disabilities; including, but not limited to, allergies. The Parks & Recreation Department will be notified of any such special needs or sensitivities in writing prior to enrollment in this program. I understand the cancellation/refund policy of the Parks & Recreation Department. The Department encourages you to carefully consider your schedule prior to registration. No fee will be refunded after the program has begun. This policy is strictly enforced thereafter.

Parent/Guardian/Participant Signature

Date