



2021- 2022 Derry Judo Club Season
Derry Parks & Recreation Department

31 West Broadway, Derry NH 03038
 Phone: (603) 432-6136



Build self-esteem, confidence, friendships, and fitness all in a safe environment!

Known today mostly due to its popularity as an Olympic Sport, Judo is a martial arts form that originated in Japan in the 1800's. Today, this form of martial arts has been known to help participants build self-esteem, confidence, friendships and fitness all at the same time as learning throws, rolls, and feet sweeps. Students begin with conditioning exercises and safety techniques and then learn how to roll and fall and eventually learn throws and ground techniques as students' progress.

The Derry Judo Club prides itself on quality, affordability, safety, and cleanliness and believes in supporting its students during class and in life. This program is recognized by the United States Judo Association (USJA) nationally and sanctions all ranks accordingly.

This class is held at the Recreation Center located at 31 West Broadway and led by Roger Lenfest, a 4th degree black belt and nationally certified coach. Mr. Lenfest is assisted by the founder of the Derry Judo Club, Chris Veziris, a 7th degree black belt and nationally certified coach, along with several other nationally ranked black belts. Participants are not required to wear a uniform unless they are competing but for safety, are required to wear a long sleeve sweatshirt and sweatpants to class.

Classes are held Weekly on Mondays & Wednesdays from 6:30 – 8:30 p.m.
Veterans Hall – 31 West Broadway, Derry, NH

Session dates are as follows:

	Session I Dates	Session II Dates	Session III Dates	No Class On
Fall	Aug 30 th – Sept 22 nd	Sept 27 th - Oct 20 th	Oct 25 th - Nov 17 th	Sept 6 th & Oct 11 th
Winter	Nov 22 nd - Dec 15 th	Dec 20 th - Jan 19 th	Jan 24 th – Feb 16 th	Nov 24 th , Dec 27 th & 29 th , Jan 17 th & Feb 14 th
Spring	Feb 21 st - Mar 16 th	Mar 21 st - April 13 th	Apr 18 th - May 11 th	
Summer	May 16 th - June 8 th	June 13 th - July 6 th	July 11 th - Aug 3 rd	May 30 th & July 4 th

Derry Judo Club fees are as follows for each 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
Per Student Rate (Age 8+)	\$30.00	Cash, check and credit card accepted during business hours. (for more info. on payment contact the recreation office)
Family Rate	\$25.00	Begins with 2 nd family member. Cash or check payment accepted.
USJA Membership	\$60.00	All participants must have a current membership on file with the Judo Club. A <u>separate check</u> made payable to USJA must be submitted for this fee.

This is a Derry Parks & Recreation Department Sponsored program not a Derry Cooperative School District program.



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Name:

Address:

Town: State: Zip Code:

Home Phone: Cell Phone:

Email:

Birth Date: Age: Gender:

Does the participant have any special needs or limitations the instructor should be aware of? If yes, please describe

Please check here if you've made a USJA payment for the year. USJA forms are available in the Recreation Office.

Please check off the session(s) you are registering for. Payment MUST be made for all sessions checked.

<input type="checkbox"/>	Fall Session 1 Aug 30 th - Sept 22 nd	<input type="checkbox"/>	Fall Session 2 Sept 27 th - Oct 20 th	<input type="checkbox"/>	Fall Session 3 Oct 25 th - Nov 17 th
<input type="checkbox"/>	Winter Session 1 Nov 22 nd – Dec 15 th	<input type="checkbox"/>	Winter Session 2 Dec 20 th – Jan 19 th	<input type="checkbox"/>	Winter Session 3 Jan 24 th - Feb 16 th
<input type="checkbox"/>	Spring Session 1 Feb 21 st - Mar 16 th	<input type="checkbox"/>	Spring Session 2 Mar 21 st - Apr 13 th	<input type="checkbox"/>	Spring Session 3 Apr 18 th - May 11 th
<input type="checkbox"/>	Summer Session 1 May 16 th - June 8 th	<input type="checkbox"/>	Summer Session 2 June 13 th - July 6 th	<input type="checkbox"/>	Summer Session 3 July 11 th - Aug 3 rd

I would like to donate to the People Lending Assistance to Youth (P.L.A.Y.) Fund and help fund a child's registration fee for this or other Recreation programs. I am donating \$_____

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 _____

Recreation Employees Only:

Employee Initials: _____ Cash/ Charge/Check Check #: _____ Amount: _____