

**Monday and Wednesday Nights**  
**Begins Monday, April 22**  
**Ends Wednesday, May 22**  
**High School Juniors & Seniors**  
**Spring Session, 6-7:30 PM**



# **WOMEN'S SELF-DEFENSE CLASSES**

**Learn proven  
techniques and bolster  
your confidence in  
self-defense situations**

**Identify your physical  
and psychological limitations  
and learn to overcome both.**

**All classes taught by  
certified police instructors  
and held at Greenwich Police  
Department Headquarters.**

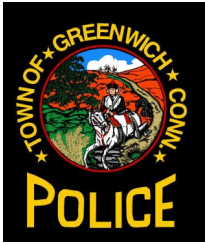
**\$35.00 registration fee  
(includes class completion  
Certificate and a T-shirt)**



***SPONSORED  
BY THE  
SILVER SHIELD  
ASSOCIATION***



**For registration and inquiries, contact Sgt. John Thorme  
of the Greenwich Police Department  
Community Impact Section: [JThorme@greenwichCT.org](mailto:JThorme@greenwichCT.org)**



Greenwich Police Department  
**Community Impact Section**  
**11 Bruce Place, Greenwich CT 06830**  
**Girls High School Self-Defense Application**  
**2019 Spring Session**



Applicants ***MUST*** provide a ***PHOTOCOPY OF THEIR MOTOR VEHICLE OPERATORS LICENSE*** or ***other official form of identification*** with this completed form along with a check for \$35.00 made payable to the *Silver Shield Association*. Applications submitted without identification or check will be rejected.

<u>Print Name (Last, First, Middle)</u>	<u>Date of Birth</u>
<u>Address</u>	<u>Email</u>
<u>Telephone Number</u>	<u>Tee Shirt Size (Women's S, M, L, XL)</u>

The 5 week program starts on April 22, 2019 and is open to female applicants who are currently High School Juniors or Seniors. The class is twice a week, Mondays and Wednesdays, from 6:00 to 7:30 p.m. Each class is limited to 20 students. Scholarships are available on an as needed basis.

Have you suffered any injuries requiring medical attention in the past 12 months?  
YES NO

Are you prescribed any medication which may impair reaction time or judgment?  
YES NO

Are you aware of any health problems that you have that prohibit you from participating in any sport or physical activity?  
YES NO

Are you aware of any health problems that you have that, in the interest of you safety, that the Greenwich Police Department should be advised of?  
YES NO

Have you studied martial arts before? YES NO  
 If Yes, What style \_\_\_\_\_ Level Achieved \_\_\_\_\_  
 Number of years studied \_\_\_\_\_ Place of Instruction \_\_\_\_\_

## Waiver and Release of Liability

In consideration of the Greenwich Police Department furnishing services and/or equipment to enable me to participate in self-defense training,

I fully understand and acknowledge that the activities I undertake in connection with self-defense training have inherent risks, dangers and hazards, my participation in such activities may result in injury or illness including, but not limited to, bodily injury, bruises, disease, strains, fractures, partial and/or total paralysis, death or other ailments that could cause serious disability, these risks and dangers may be caused by the negligence of volunteers, the negligence of the participants, the negligence of others, accidents, the forces of nature or other causes. Risks and dangers may arise from foreseeable or unforeseeable causes including, but not limited to, the trainer's decision making, the acts or omissions of other participants in the self-defense training class and such other risks, hazards and dangers that are integral to the activities that take place in a self-defense training and physical skills atmosphere; and by my participation in these activities and/or use of equipment,

I hereby assume all risks and dangers and all responsibility for any losses and/or damages, whether caused in whole or in part by the negligence or other conduct of the participants, volunteers, instructors, or by any other person.

I, on behalf of myself and my parent/guardian hereby voluntarily agree to release, waive, discharge, hold harmless, defend and indemnify the Town of Greenwich and members of the Greenwich Police Department from any and all claims, actions or losses for bodily injury, property damage, wrongful death, loss of services or otherwise which may arise out of my use of equipment or my participation in any and all activities of this class. I specifically understand that I am releasing, discharging and waiving any claims or actions that I may have presently or in the future for the negligent acts or other conduct by the participants, volunteers, instructors, or by any other persons

I have read the above waiver and release with my parent/guardian, and by signing below, I hereby agree to its terms. It is my intention to exempt and relieve the Town of Greenwich and the Greenwich Police Department from liability for personal injury, property damage or wrongful death caused by negligence or any other cause.

Student: \_\_\_\_\_  
Print name

\_\_\_\_\_  
Signature

Parent: \_\_\_\_\_  
Print name

\_\_\_\_\_  
Signature

Date: \_\_\_\_\_

<b><u>Section Sergeant Signature</u></b>	<b><u>Date Received GPD Use ONLY</u></b>	<b><u>Approved:</u></b> YES      NO