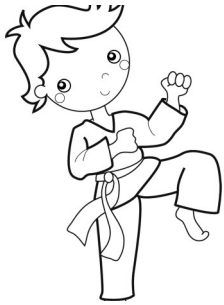


SELF-DEFENSE & SAFETY AWARENESS

For Children Ages 5-15
Empower Youth! A 501 C (3)



Classes and Registration held at:
Raritan Valley YMCA
144 Tices Lane
East Brunswick, NJ 08816
(Between Route 18 and Ryders Lane)



FALL SESSION !

ONLY \$10.00 PER LESSON -- YOU MAY PAY WEEKLY AS YOU GO!

This Program is designed to enhance self-esteem, self-discipline and safety awareness! Students are placed into classes according to age and ability. A black belt instructor teaches beginning, intermediate and advanced techniques for self defense only! Self discipline and defense, rather than aggressiveness are promoted! Weekly safety flyers focus on a wide range of topics including stranger safety, fire safety and more!

Registration Begins Thursday September 20

ALL STUDENTS REGISTER BETWEEN 6:00—7:00 PM

Please Register in person on this date. Classes fill up quickly!

Class Dates

Classes are held on Thursdays

Starting Sep. 27 - Dec. 20

No Class Nov. 22 (12 LESSONS)

Weekly Class Fees

\$15 Registration Fee Paid Once Per Session

YMCA Members \$ 8.00 Per Lesson

Non-Members \$10.00 Per Lesson

Class Times:

Beginning Thursday Sep. 27

All New Students 6:00 - 6:40

Returning Students 6:50—7:30

Uniforms

Uniforms are not required, however they are recommended and will be available at the first class and throughout the course. All uniforms are fitted and come with a white belt for \$30.

Fun!

Fitness!

Coordination!

New Students/late registrations are accepted up to the 4th week!!

For More Information Please Call 732-396-3371