

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 19

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

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

Class Times:

Beginning Thursday September 26

All New Students	6:00 - 6:40
Returning Students	6:50—7:30

Weekly Class Fees

\$15 Registration Fee Paid Once Per Session
YMCA Members \$ 8.00 Per Lesson
Non-Members \$10.00 Per Lesson

Class Dates

Classes are held on Thursdays

Starting September 26-December 19
(11 LESSONS) No Class Oct. 31 or Nov. 28

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