

SELF DEFENSE AND SAFETY AWARENESS AT THE YMCA



Kidsafe Alliance Youth Programs Children's Safety and Self-Defense Classes

The Kidsafe Program is designed to develop self-esteem and safety awareness. Self-discipline, conflict resolution, and defense are emphasized throughout the course.

Classes are non-contact, and will be conducted outdoors when possible and indoors (observing social distancing) only as needed.

Classes Begin Thursday September 17th

Class sizes will be limited—Register now to hold your spot!

Fall Session - Sept 17 to December 17

(13 Lessons) No class on Nov 26th.

CLASS TIMES:

Students age 5-8 — 5:00-5:45

Students age 9+ — 6:00-6:45

CLASS FEES:

Registration fee: \$15 at the beginning of each session.

YMCA Members: \$120 per Session (Includes 13 classes + Test Fee)

Non-Members: \$140 per Session (\$10 per class + Test Fee)

Uniforms are not required, but are available for order.

CLASS LOCATION:

Raritan Valley YMCA

144 Tices Lane

East Brunswick



FOR MORE INFORMATION - TO REGISTER:

Email - KidsafeYouthProg@gmail.com

Web - Click for [Frequently Asked Questions](#)

Call or text - (732) 474-8733