

# SELF-DEFENSE & SAFETY AWARENESS

For Boys and Girls Ages 5-15  
Empower Youth! A 501©(3) Non-Profit



Classes and Registration Held At:  
***Hamden Elks Lodge #2224***  
**175 School Street**  
**Hamden, Ct.**



**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 Tuesday September 17**

ALL STUDENTS REGISTER BETWEEN 5:00 - 6:00 P.M.

New Students/Late Registrations Accepted up to the 4th Week!

## Class Dates

Classes are held on **Tuesdays**  
Beginning Sept.ember 24 - December 10  
(12 Lessons)

## Weekly Class Fees

\$15 Registration Fee Paid Once  
\$10 Per Lesson - Pay As You Go  
Pay in Full and Receive a Free Lesson!

## Class Times:

**Beginning Tuesday September 24**

All New Students Age 5-8	5:20 - 6:00
All Yellow and Higher	6:10 - 6:50

## 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!**

Students/Late Registrations Accepted up to the 4th Week!

**For More Information Please Call 800 850-0800**