

SELF-DEFENSE & SAFETY AWARENESS

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



Registration & Classes Held at
JCC of Middlesex County

1775 Oak Tree Road
Edison, NJ 08820



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 Only Begins Thursday September 19

ALL STUDENTS REGISTER BETWEEN 5:00 P.M. – 7:00 P.M.

New Students/Late registrations Can Register to the 4th Week!

Class Dates

Classes are held on Thursdays

Starting Sept. 26—Dec 19

No Class 10-31 or Nov. 28 (11 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 Sept. 26, Class Times Will Be:

New Students age 5-8	5:00 - 5:40
New Students age 9+	5:50 - 6:30
Yellow and Orange	6:40 - 7:20
High Orange and Higher	7:30 - 8:10

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.

Self Defense!

Fun!

Fitness!

Coordination!

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For More Information Please Call 732-396-3371