

# SELF-DEFENSE & SAFETY AWARENESS

For Children Ages 5-15

Empower Youth! A 501 C (3)



Classes and Registration Held At The  
**YMCA of Western Monmouth**

470 East Freehold Road  
Freehold, NJ (732) 462-0464



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## **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!

## **Classes Begin Saturday July 7**

All Students May Register 15 Minutes Before Their Class Times

You must register in person. No Telephone Registrations Please.

### **Class Dates**

**Classes are held on Saturdays**

Starting July 7 - August 18  
(7 Lessons)

### **Weekly Class Fees**

\$15 Registration Fee Paid Once

\$10 Per Lesson - Pay As You Go

*You must become a YMCA Member.*

*Yearly Membership Up To Age 13 is Just \$75.00*

*Annually. Please See [YMCANJ.ORG](http://YMCANJ.ORG)*

### **Beginning July 7** **Class Times Are:**

White and Yellow Belts	12:00 - 1:00
Orange Through Blue Belts	1:00 - 2:00
Advanced Students	2:00 - 3:00

### **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 accepted up to the 3rd Week!*

**For More Information Please Call 732-396-3371**