EMPOWER YOUTH KIDSAFE!

The Kidsafe program is designed to enhance self-esteem, self-discipline & safety awareness! Students are placed into classes according to age and ability. A black belt instructor teaches beginner, intermediate, and advanced techniques for self-defense only! Self-discipline and defense rather than aggressiveness are emphasized throughout the course. The dangers of bullying and how to deal with peer pressure are an important part of the program.

> Every Saturday | January 18 – April 4

All New Students | 10:50 – 11:30 a.m.
2nd White & New Yellow | 11:40 – 12:20 p.m.
Advanced Yellow Belts & up | 12:30 – 1:10 p.m.

Class Fees (Includes 12 Lessons, Test & Registration Fee)
>$135 for Members
>$150 for Program Participants
>$165 for Non-members

For more information, call 732-396-3371 or contact membership@ymcanj.org.

YMCA OF GREATER MONMOUTH COUNTY
Red Bank Family YMCA
166 Maple Avenue
Red Bank, NJ 07701
P. 732.741.2504
membership@ymcanj.org

YMCA of Greater Monmouth County is a tax-exempt charitable organization under Section 501(c)(3) of the Internal Revenue Code. Contributions are tax-deductible to the extent permitted by law. Financial assistance is offered based on availability of funds.