

# SELF DEFENSE AND SAFETY AWARENESS AT THE YMCA



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 our program.

## **Classes Begin Saturday September 21**

Please Pre-Register –Registration ends October 12

You must register online or in person

<https://ymcanj.org>

## **FALL Session Runs September 21 –December 14**

No Class November 30 (12 Lessons)

### **CLASS TIMES**

- New Students & Yellow Belts age 5-8 1:00-2:00
- New Students 11-16 Orange & Purple belts 2:00 - 3:00
- Blue/Green Belts age 11-16 3:00 - 4:00
- Brown / Black Belts 4:00 - 5:00



### **CLASS FEES:**

1. YMCA Annual Membership.  
Youth membership (ages 1-13) is \$73.00/year
2. \$150 for the Spring Session (Includes Lessons + Test and Registration Fee)
3. Uniforms are not required, but are available for \$30. They will be available throughout the session.

### **CLASS LOCATION:**

YMCA of Western Monmouth  
470 East Freehold Road  
Freehold, NJ (732) 462-0464

*Fun!*

*Fitness!*

*Coordination!*

Please call with any questions (732) 396-3371