

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 January 18

Please Pre-Register –Registration ends February 8

You must register online or in person

<https://ymcanj.org>

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

Winter Session Runs **January 18 –April 4** (12 Lessons)



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!