

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 - each Saturday your class times will be:

- All New Students 10:00-10:50
- All Returning Students 11:00-11:50



CLASS FEES:

1. YMCA Annual Membership.
Youth membership (ages 1-13) is \$61.00/year (resident),
\$68 (Middlesex Resident), \$72 (Non-Resident)
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:

OLD BRIDGE YMCA
1 Mannino Park Drive
Old Bridge NJ 08857
732-727-0704

Fun!

Fitness!

Coordination!

Please call with any questions (732) 396-3371