

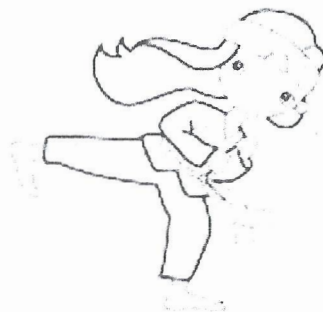


## **TOO MUCH SCREEN TIME? SAY NO MORE!**

### **Self-Defense & Safety Awareness Program**

For Children Ages 5-15

**Boys and Girls Club  
Of Union County**  
1050 Jeanette Ave  
Union Township, NJ 07083



**ONLY \$16.00 PER LESSON! (Discount Packages Available)**

**Kidsafe Alliance Youth Programs** encourages kids to learn about safety, self-awareness and self-discipline as well as traditional martial arts. Each session is three months of 40-minute classes, one night per week.

The Kidsafe program focuses on teaching leadership skills, self-awareness, self-defense, and self-esteem principles that can grow with our students.

#### **Session Dates**

**Classes meet on *Saturday***

October 1st to December 17  
**11 classes** (no class Nov. 26)

#### **Class Times**

New and Returning 9am-10am

#### **Class Fees**

|                           |                |
|---------------------------|----------------|
| Weekly Cash/Check         | = \$16         |
| Prepaid 5 Class Block     | = \$80         |
| <b>Prepaid 10 Classes</b> | <b>= \$150</b> |
| <b>Prepaid 20 Classes</b> | <b>= \$280</b> |
| Session Testing Fee       | = \$10         |

#### **Uniforms**

Uniforms are not required, however they are *recommended* and are for sale (\$35) on request. Students are free to wear workout clothes that meet safety requirements

***Fun! Fitness! Coordination! New Students Are Always Welcome***

**For More Information Call or Text (732)474-8733**