

**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*
September 24- December 16
12 classes

Class Fees

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

Class Times

New and Returning 9am-10am

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