

EMPOWER YOUTH! A New Jersey Non-Profit

Self Defense Karate & Safety Awareness

FOR BOYS AND GIRLS AGE 5-15

Spring Program!



**Be Smart! Don't Start
Drugs & Alcohol**

ELEMENTARY & JR. HIGH AGE CLASSES

FUN! FITNESS!

COORDINATION!

This 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 beginning, intermediate, and advanced techniques for self-defense only! Self-discipline and defense, rather than aggressiveness are emphasized throughout the course. Weekly safety flyers focus on a wide range of topics including stranger safety, fire safety, home safety, and more! The dangers of bullying and how to deal with peer pressure are also an important part of our program.

ONLY \$9.00 PER LESSON YOU MAY PAY-AS-YOU GO!

REGISTRATION BEGINS MONDAY, APRIL 10

ALL STUDENTS REGISTER BETWEEN 5:30 P.M – 7:00 P.M.

YOU MUST REGISTER IN PERSON – NO TELEPHONE REGISTRATIONS PLEASE

BEGINNING MONDAY APRIL 17, CLASS TIMES WILL BE:

All New Students Can Attend Either the First or Second Class Time.

ALL NEW / RETURNING WHITE BELTS STUDENTS	5:00 – 5:40
ALL NEW / RETURNING WHITE BELTS STUDENTS	5:50 – 6:30
ALL YELLOW BELTS	6:40 – 7:20

CLASS LOCATION:

**Howell Elks Lodge # 2515
84 Ramtown Greenville Road
Howell, NJ 07731 (use rear door)**

NOT A SCHOOL SPONSORED ACTIVITY

*Students Accepted
Up To The 4th Week!*

SESSION DATES: CLASSES ARE HELD MONDAYS FROM – APRIL 3 (11 LESSONS)

CLASS FEES: YOUR KARATE CLASSES ARE ONLY \$9.00 PER LESSON WITH A \$10.00 REGISTRATION FEE PAID ONCE PER SEMESTER, YOU MAY PAY WEEKLY OR IN FULL AND RECEIVE A DISCOUNT OF ONE FREE LESSON! THIS IS AN ONGOING PROGRAM!

SCHOLARSHIPS ARE AVAILABLE

A UNIFORM IS HIGHLY RECOMMENDED! Uniforms are available at the first class and throughout the course, all uniforms come with a white belt and we fit your child or teenager with the proper size.

Uniforms are \$30.00

FUN!

FITNESS!

COORDINATION!

FOR MORE INFORMATION CALL: (732) 396-3371