

JCC of Middlesex County
YOUTH SELF DEFENSE KARATE & SAFETY AWARENESS
FOR BOYS AND GIRLS AGES 5-15

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 ONLY THURSDAY, SEPTEMBER 15

ALL STUDENTS REGISTER FROM 5:00 – 7:00

REGISTER ON THIS DATE PLEASE – CLASSES FILL UP QUICKLY!

Register in Person – No telephone Registrations Please

Spring Session!

BEGINNING THURSDAY SEPTEMBER 22, CLASS TIMES WILL BE:

ALL NEW STUDENTS AGE 5-8	4:50 – 5:30
NEW STUDENTS AGE 9-UP AND WHITE BELTS W/STRIPES	5:40 – 6:20
ALL YELLOW BELTS AND LOW-ORANGE	6:30 – 7:10
ALL HIGH RANK ORANGE AND HIGHER	7:20 – 8:00

CLASS REGISTRATION & LOCATION

JCC OF MIDDLESEX COUNTY
1775 Oak Tree Road, Edison, NJ 08820



CLASS DATES: THURSDAYS FROM SEPTEMBER 21 – DECEMBER 22 (13 LESSONS)
No Class November 24

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!

NO JCC MEMBERSHIP REQUIRED. THESE ARE YOUR ONLY FEES
ALL MEMBERS OF THE COMMUNITY ARE INVITED!!

This is a continuing program!! Students can earn higher rank. New Students are accepted up to the 4th week. Call the number below for more information on this program.

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!

SELF-DEFENSE!

FITNESS!

COORDINATION!

FOR MORE INFORMATION CALL (732) 396-3371