

JCC of Middlesex County Kid Safety Karate Self-Defense & Safety Awareness

CLASSES BEGIN OCTOBER 5TH!!!
REGISTRATION BEGINS MONDAY, SEPTEMBER 14TH!!!

Beginner (Ages 5-8)	5:00pm - 5:45pm
Program (Ages 9-11)	5:45pm - 6:30pm
Teen/Adults (Ages 12+)	6:30pm - 7:30pm

DATES OF 9 CLASSES:
OCT. 5, 12, 19, 26 + NOV. 2, 9, 16, 23, 30

**LOCATED: JCC TANZMAN CENTER
PROGRAM ROOM 1**

Register online @ JCCMC.ORG
OR by phone @ 732-494-3232
OR in person at the JCC

COST: \$81/Family \$126/Program \$171/non-members

UNIFORMS

A karate uniform is not required. Students wear comfortable gym clothes and yoga or sweat pants.

Students must be barefoot but we honor religious headgear.

Traditional martial arts techniques, taught for self-defense only. Our program is designed to enhance self-esteem, self-discipline and safety awareness at all ages! Our goal is to empower students to stand tall and reach for their full potential. Our Teen/Adult Street Self-Defense classes are also beginning soon!

Any questions? Please email Alexa D aquatics@jccmc.org

JCC of Middlesex County 1775 Oak Tree Road Edison, NJ 08820

