# Self-Defense & Safety Awareness

For Boys and Girls Ages 5-15  
Empower Youth! A 501©(3) Non-Profit

**Sponsored and Held at:**  
East Franklin Volunteer  
Fire Department Station 27  
121 Pinegrove Avenue Somerset, NJ 08873

**ONLY $10.00 PER LESSON -- YOU MAY PAY WEEKLY AS YOU GO!**

**Winter Session!**

This Program is designed to enhance self-esteem, self-discipline and 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 promoted! Weekly safety flyers focus on a wide range of topics including stranger safety, fire safety and more!

**Registration Begins Tuesday January 15**

ALL STUDENTS REGISTER BETWEEN 5:00 - 6:30 P.M.  
Please Register in person on this date. Classes fill up quickly!

<table>
<thead>
<tr>
<th>Class Dates</th>
<th>Weekly Class Fees</th>
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</thead>
<tbody>
<tr>
<td>Classes are Jan. 22 - Apr. 9 (12 Lessons)</td>
<td>$15 Registration Fee Paid Once</td>
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<td>$10 Per Lesson - Pay As You Go</td>
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<td>Pay in Full and Receive a Free Lesson!</td>
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### Class Times Will Be:

<table>
<thead>
<tr>
<th>All New Students 5-8</th>
<th>All New Students Age 9+</th>
<th>All Returning Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00 - 5:40</td>
<td>5:50 - 6:30</td>
<td>6:40 - 7:20</td>
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**FUN!**

**FITNESS!**

**COORDINATION!!**

New Students / Late registrations always accepted up to the 4th week

For More Information Please Call 732-396-3371