

# 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!

### Class Dates

Classes are Jan. 22 - Apr. 9  
(12 Lessons)

### Weekly Class Fees

\$15 Registration Fee Paid Once  
\$10 Per Lesson - Pay As You Go  
Pay in Full and Receive a Free Lesson!

### Beginning Tuesday January 22

#### Class Times Will Be:

All New Students 5-8	5:00 - 5:40
All New Students Age 9+	5:50 - 6:30
All Returning Students	6:40 - 7:20

### Uniforms

Uniforms are not required, however they are recommended and will be available at the first class and throughout the course. All uniforms are fitted and come with a white

APPROVED

FOR DISTRIBUTION

All Grades

DATE: 1-5-18

Superintendent's Office  
Franklin Township Public Schools

BY: Dr. Kenneth Noel

**FUN!**

**FITNESS!**

**COORDINATION!!**

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

**For More Information Please Call 732-396-3371**