

THE CRANFORD RECREATION
KIDSAFE SELF DEFENSE KARATE AND SAFETY AWARENESS!
For Boys and Girls 5-15

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, fire safety and more!

REGISTRATION IS ONGOING AT THE COMMUNITY CENTER

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MONDAY -THURSDAY: 8:00 AM-10:00 PM
FRIDAY 8:00 AM – 6:00 PM SATURDAY 9:00 – 5:00
REGISTER EARLY CLASSES FILL UP QUICKLY

SESSION III Class size: min. 10 max 30
Price is only \$75.00 for this 10 week session
PRICE REDUCED!!

CLASSES BEGIN MONDAY APRIL 5

NEW STUDENTS AGES 5-8, 5:00 – 5:40

**ALL WHITE BELTS W/1 OR 2 STRIPES +
NEW STUDENTS 9-UP 5:50 – 6:30**

ALL COLORED BELTS 6:40-7:20

◆ MONDAY CLASS DATES APRIL 5 - JUNE 14
(10 LESSONS)
NO CLASS MAY 31 MEMORIAL DAY



ELEMENTARY & JR. HIGH AGE CLASSES

FUN!

FITNESS!

COORDINATION!

FOR MORE INFORMATION ABOUT THIS PROGRAM
PLEASE CALL (908) 709-7283