



**The Lancaster Family YMCA
SAFETY AWARENESS & SELF-DEFENSE**

THIS PROGRAM IS DESIGNED TO KEEP KIDS SAFE

Kids learn about **Stranger Danger, Gang Avoidance, Gun Avoidance, Drug Avoidance** and how to use the **911** system. Confidence, self-esteem, and discipline will be emphasized. Become a **Black Belt** !

Academic Achievement Awards and much more.

A BLACK BELT instructor teaches all classes on self-defense and SAFETY AWARENESS.

**► Taekwondo & Safety Awareness
ONLY \$5.00 Per Class**

REGISTRATION AND CLASS LOCATION : **Lancaster Family YMCA
572 N. Queen Street
Lancaster, PA 17603**

REGISTRATION BEGINS: (Classes each Thursday) Starting Sept. 15, 2005
Registration during the first 3 Thursdays of the session.

12 Week Program 5:30PM-6:30PM

\$15.00 REGISTRATION FEE PAID ONCE PER SESSION.

For Information Call The YMCA: **Tom Baughman 717-397-7474 Ext 134**

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. See your instructor for more about uniforms and equipment.