



The Lebanon Valley 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 : **Lebanon Valley YMCA
201 N 7th Street
Lebanon, PA 17046**

REGISTRATION BEGINS: (Classes each Tuesday) Starting Sept. 20, 2005
Registration during the first 3 Tuesdays of the session.

12 Week Program 6PM-7PM

\$15.00 REGISTRATION FEE PAID ONCE PER SESSION.

For Information Call The YMCA: **Tim Smith 717-273-2046**

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.