



Get away from an **ABDUCTOR OR BULLY!**

# TWIST AWAY

Lancaster Family YMCA

**May 12, 2007**

**10:AM - 11:AM**

**20.00 per Participant**

Parent (with child) **FREE**  
FAMILY DISCOUNTS

We'll teach your kids 8  
simple & effective

## TWIST AWAY

techniques designed  
to give your kids a  
chance to **GET AWAY**  
**FROM AN ABDUCTOR**  
**OR BULLY**

**1 Hour Class**

## TWIST AWAY

techniques can  
be practiced with  
parents. Parents  
are encouraged to  
participate with  
kids in class.



ALSO AVAILABLE

## WE TEACH

- Youth Facilities
- Kids & Teens
- Employees
- Women
- Teachers
- Churches
- Kids Camps
- GYM facilities
- Day Care Facilities

Great for Women & Children

**Call & Sign Up 717-747-9935**

YMCA  
Martial Arts Master  
Stephen Kirby  
5th Degree Black Belt  
SAFEKIDS Director

Certified Black Belt Instructors with  
**FULL Background Clearance**



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