



**The YMCA of York & York County
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 : **YMCA of York & York County
90 N. Newberry Street
York, PA 17401**

REGISTRATION BEGINS: (Classes each Monday) Starting Oct. 3 , 2005
Registration during the first 3 Mondays of the session.
12 Week Session 6PM-7PM

\$15.00 REGISTRATION FEE PAID ONCE PER SESSION.

For Information Call The YMCA: **Amy Rawhouser 717- 843 -7884**

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.