

**SUMMER  
SESSION!**

**For Boys &  
Girls Ages  
5 – 15**

**Elementary  
& Jr. High  
Age  
Classes**



**Parsippany PAL  
33 Baldwin  
Road  
Parsippany, NJ  
07054**

**Phone:  
973.335.0555  
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973.335.8019**

**www.  
parsippany  
pal.org**

## **Parsippany Police Athletic League KIDSAFE Self-Defense, Karate & Safety Awareness**

The Parsippany PAL Self-Defense, Karate & Safety Awareness 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 safety, fire safety and more!

### **Registration:**

**PLEASE  
REGISTER  
ONLINE**

at:

**[www.parsippanypal.org](http://www.parsippanypal.org)**

### **Class Dates and Times:**

Classes are held on *Fridays*  
Starting July 7 – August 25  
No Class August 11  
(7 Lessons)

### **Class Times:**

5:00 - 5:40 New Students age 5-8  
5:50 - 6:30 Returning Students age 5-8  
*and* New Students age 9-up  
6:40 - 7:20 White II up to Purple belts  
7:30 - 8:10 Blue Belts and up  
*Class times are subject to change.*

### **Class Fees:**

\$70.00 per student for 7 classes  
Students are tested on the last day of  
class (testing fee \$9.00)

### **Uniforms:**

Uniforms are not required, however they are recommended and will be available at the first class and throughout the course. All uniforms come with a white belt and we fit your student to size. Uniforms are \$30.

**New students are accepted up to the 4th week!**

**Fun! Fitness! Coordination!**

For more information please call

**800 850-0800**