



Parsippany Police Athletic League
Kidsafe Youth Programs Inc.
For Boys & Girls Ages 5-15



Karate & Safety Awareness



Winter Session

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!

Please Register Online at www.parsippanypal.org
Students Can Register up [to the 4th week!](#)

Class Dates

Classes are held on *Fridays*
Starting January 12 - April 13
(13 Lessons)

Class Fees

\$113.00 per student for 13 classes
Students are tested on the last day of
class (Test fee \$10.00)

Class Times:

New Students age 5-8	5:00 - 5:40
Returning Students age 5-8	5:50 - 6:30
<u>and</u> New Students age 9-up	
White II up to Purple belts	6:40 - 7:20
Blue Belts and Higher	7:30 - 8:10

Uniforms

Uniforms are not required, however they are recommended and will be available at the first class and throughout the course. All uniforms are fitted and come with a white belt for \$30.

Fun! Fitness! Coordination!

For More Information Please Call 800 850-0800