



## Parsippany Police Athletic League

Kidsafe Youth Programs Inc.

For Boys & Girls Ages 5-15



# KARATE & SAFETY AWARENESS



## FALL 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](http://WWW.PARSIPPANYPAL.ORG)**  
**STUDENTS CAN REGISTER UP TO THE 4TH WEEK!**

### Class Dates

Classes are held on *Fridays*  
Starting Sept. 15 – December 22  
No Class Nov. 24 (14 Lessons)

### Class Fees

\$122.00 per student for 14 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**