

Winter
SESSION!!

For Boys &
Girls Ages
5 – 15

Elementary
& Jr. High
Age
Classes



Parsippany PAL
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Road
Parsippany, NJ
07054

Phone:
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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

Class Dates and Times:

Classes are held on *Fridays*
Starting January 6 – April 7
(14 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:

\$121.00 per student for 14 classes
Students are tested on the last day of
class (testing fee \$9.00)

New students are accepted up to the 4th week!

Fun! Fitness! Coordination!

For more information please call

800 850-0800