



# Parsippany Police Athletic League

Kidsafe Youth Programs Inc.

For Boys & Girls Ages 5-15



## KARATE & SAFETY AWARENESS



### SUMMER 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 July 6 - August 31

(9 Lessons)

#### Class Fees

\$82 per student for 9 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

and 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**