



CHAMPION YOUTH OUTREACH

2000



Self-Defense
Classes for
Children

Self-Defense & Safety Awareness
www.championyouthprograms.org

Auto Defensa
para niños

Learn to defend yourself and how to avoid dangerous situations/confrontations! Children are taught necessary skills needed today to identify and deal with strangers and bullies. This unique program combines safety awareness education with karate instruction in a fun structured environment. Other benefits include increased discipline, attention span, self-esteem & physical fitness! Parents always welcome to join!

Este programa esta disenado para enseñar y darle a los jovenes disciplina, confianza y buen sentido de si mismo. El maestro de cinta negra ensena a principiantes, intermediantes y avanzados tecnicas de defensa propia. Se promueve disciplina y seguridad en lugar de agresion. Padres bienvenido a participar!

Village of Minooka - Tuesday Evenings
121 McEvelly Road, Minooka. Enter through the double doors and class will be held in the community room.

Village of Minooka - Martes por la noches.
121 McEvelly Road, Minooka. Entrar a través de las puertas dobles y la clase se llevará a cabo en la sala de la comunidad.

Registration is open the first 3 weeks of class. You can register and begin class on either Tuesday, **Jan 16, 23 or 30**. Classes are held every TUESDAY through March 20 (10 classes if you begin the first day).

Las inscripciones seran los **Martes, el 16 el 23 o el 30 de Enero**. Las clases iniciaran el primer dia de las inscripciones (el 16 de Enero) y se llevaran acabo cada Martes hasta el 20 de Marzo (10 clases).

	<u>Register</u>	<u>Class</u>
New Students Ages 5 & Older /Parents:	6:00	6:15-6:55
All Yellow & Orange Belts /Parents:	6:45	7:00-7:40
All Purple Belts & Higher / Parents:	7:30	7:45-8:25

	<u>Inscripcion</u>	<u>Clase</u>
Estudiantes nuevos edades 5 años y mayores:	6:00	6:15-6:55
Cinturones Amarillos y de Naranja /padres:	6:45	7:00-7:40
Cinturones Púrpura y mas avanzado.	7:30	7:45-8:25

Prepay and save! © \$7 per class if you prepay (\$78 includes \$8 registration fee), or \$8 if you pay weekly (plus a \$8 reg. fee paid once per course). Cash or checks w/ proper ID accepted. **There is a \$25 charge for returned checks** and your checks will no longer be honored. **A uniform (Gi)** is highly recommended for motivation and for freedom of movement. Uniforms are \$33.

\$8 por clase si paga semanalmente (mas \$8 cargo de registro), o \$78 si paga la cantidad completa por 10 clases. **Hay un cargo adicional de \$25 por cada cheque sin fondo.** Un Uniforme (Gi) es altamente recomendado para libertad de movimiento y motivacion! Uniformes \$33. Estudiantes pueden traer pantalones cortos, sudaderas, y una camisa.

Attn Parents! If you can beat class each week & would like a discount on lessons, call & ask about our "Parent Helper's Club".

This is not a school sponsored publication and is not endorsed by Minooka School Dist #201, Channahon School Dist #17, Nettle Creek CCSD or Troy School Dist #30C.

Champion Youth Outreach 2000 • (847) 981-0576 • www.championyouthprograms.org