



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 McEvilly Road, Minooka. Enter through the double doors and class will be held in the community room.

Village of Minooka - Martes por la noches.
121 McEvilly 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, **Sept 19, 26 or Oct 3**. Classes are held every TUESDAY through Jan 9 (13 classes if you begin the first day). No class 10/31, 11/21, 12/26 & 1/2.

Las inscripciones seran los **Martes, el 19, 26 de Septiembre o el 3 de Octubre**. Las clases iniciaran el primer día de las inscripciones (el 19 de Septiembre) y se llevaran acabo cada Martes hasta el 9 de Enero (13 clases). No habra pre-inscripciones. No hay clase 10/31, 11/21, 12/26 y 1/2.

	<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! © \$6 per class if you prepay (\$86 includes \$8 registration fee), or \$7 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.

\$7 por clase si paga semanalmente (mas \$8 cargo de registro), o \$56 si paga la cantidad completa por 8 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