

# Fairlawn Recreation Department

Empower Youth! - A 501(c)(3)  
For Boys & Girls Ages 5-15

## KARATE & SAFETY AWARENESS



Classes Held At  
**H.B. Milnes School**

(In the All Purpose Room)  
8-01 Philip Street Fairlawn NJ



### FALL SESSION

This 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!

### Register Online at

<https://register.communitypass.net/fairlawn>

#### Class Dates

**Classes are held on Mondays**

Starting October 8 - December 17  
(11 Lessons)

#### Class Fees

\$125 per student for 11 classes  
Test fee \$10 Included  
Registration Fee of \$15 Included

#### Class Times

**Beginning Monday October 8**

All New Students	6:30 - 7:10
Returning White w/ 2 Stripes to Purple Belts	7:10 - 7:50
Blue Belts and above	7:50 - 8:30

#### 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**