



Come and Register your Child for KidsSafe Self Defense Karate and Safety Awareness at Cranford Community Center

KidsSafe Self Defense Karate is a program 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, fire safety and more!

Registration can be done in-person at the Cranford Community Center, located at 220 Walnut Avenue in Cranford or online at <http://register.communitypass.net/cranford>. Register early as this program fills up quickly and has a maximum of 30 students per class. The fee for this program is \$75 and is offered to Cranford residents only. Classes are taught every Monday at the following times:

New Students ages 5-8:
5:00pm-5:40pm

All White Belt students with 1 or 2 Stripes and/or New Student 9 and older:
5:50pm-6:30pm

All Colored Belts:
6:40pm-7:20pm

The new session begins January 9th and runs through March 26th (10 lessons).

New this year!! Adult Self Defense also offered on Monday nights at 8:00pm – 9:00pm

For more information, please contact the Community Center at (908) 709-7283, or log on to the Community Center's website at www.cranford.com/rec.