



SPOOKY NOOK SPORTS COMPLEX **SAFETY AWARENESS & SELF-DEFENSE**

THIS PROGRAM IS DESIGNED TO KEEP KIDS SAFE

Kids learn about **Stranger Danger, Gang Avoidance, Gun Avoidance, Drug Avoidance** and how to use the **911** system. Confidence, self-esteem, and discipline will be emphasized. **Become a Black Belt !**

Academic Achievement Awards and much more.

A BLACK BELT instructor teaches all classes on self-defense and SAFETY AWARENESS.

► Taekwondo & Safety Awareness **ONLY \$5.00 Per Class**

REGISTRATION AND CLASS LOCATION : **Spooky Nook Sports**
2913 Spooky Nook Rd.
Manheim PA 17545

REGISTRATION BEGINS: Classes Starting Monday **February 25, 2019**
Classes each Monday 6:30pm to 7:30pm
Registration during the first 3 weeks of the session.

12 Week sessions all the way to Black Belt and beyond!

\$15.00 REGISTRATION FEE PAID ONCE PER SESSION.

For Specific Information Call: **Judith Kirby 717-252-2824**

Uniforms are available at the first class and throughout the course. All uniforms come with a white belt and we fit your child or teenager with the proper size. See your instructor for more about uniforms and equipment.