

# ☯ Self - Defense & Safety Awareness Education ☯ Champion Youth & the Marlborough Recreation Department

☯☯☯ Achieve your Best in the Year 2012 Spring Session ☯☯☯

**EXPERIENCE the VALUE. VALUE the EXPERIENCE.**

**Enhance your-  
Mind, Body & Soul**



**MARLBOROUGH  
RECREATION DEPT.**



☺ **Pay Weekly** at \$10.00 Per Lesson with a \$5.00 Registration Fee

☺ **Save \$20.00 By Paying In Full:** \$95.00 includes the registration Fee & Testing Fee!

## **What ?**

This unique program going on its 16<sup>th</sup> year ☺ combines Safety Awareness Education with Head Instructors David Shepherd/Shawn Thompson in a fun structured environment. Additional benefits include **Self-Discipline, Self-Control, Focus, Concentration, Self-Esteem, and Respect** for others.

## **Where ?**

Classes will be held at the Kane School (Gym) on Farm Road. **Note:** Please use side entrance.

## **When ?**

**Registration** and the **First Class** begins on **Wednesday, April 4<sup>th</sup>**  
⇒(For 10 Weeks) No class on April 18<sup>th</sup>

**Classes are held every Wednesday. Sorry! No Pre-Registration**  
⇒Note: **We welcome new students up to the third week of class!**

## **What Time ?**

New Students	Ages 5 - 8	6:00 - 6:40
All Yellow Belts & (New Students)	Ages 9 - 15	6:45 - 7:25
All Orange Belts		7:30 - 8:10

A uniform (Gi/Dobok) is suggested for motivation and freedom of movement, available for \$30.00 at your class.

**If you have any questions, please call Champion Youth at (978) 567-8877 or The Marlboro Rec. Dept. at (508) 624-6925**