

City of Jacksonville

Recreation & Parks Department



**Course Description**

- Learn Physical & Verbal Self Defense Skills
- Receive Safety Awareness Education
- Advance in Rank and Belt
- Gain Self Confidence
- Increase Concentration
- Improve Academic Performance

**Self Defense Classes**  
 by Young Champions of America  
*Promoting Self-Esteem & Self Confidence*

Registration is: **Monday, January 23, 2012**  
 Classes are Every **Monday, Jan. 23 thru April 30**  
 A Total of 16 weeks of class  
 New Students . . . . . 6:00-6:45 pm  
 Returning Students . . . . . 6:45-7:30 pm  
 Ages: For children 4 yrs—18 yrs

**Late Registration:** If you miss registration on Jan. 23rd, you may register 10 minutes prior to your class time up to the 3rd week of class if space is available. Class times may be different from registration times.

**Class Fees For Each Program:** Only \$7.00 per week. There is an \$8.00 registration fee paid once per session.

**\*\*No checks accepted\*** Missed lessons can be made up. Awards will be given for perfect attendance!

For Other Cities and More Information Please Call (910) 535-8304

[www.ycoanc.com](http://www.ycoanc.com)

**Uniforms for Self Defense**

A uniform is highly recommended, and available to order throughout the course. All uniforms come with a white belt. We will fit your child or teenager with the proper size. Students **can** wear shorts or sweat pants and a T-shirt.

