



CHAMPION YOUTH OUTREACH



2000



Self-Defense
and Safety
Awareness

**Self-Defense & Safety Awareness
Pom-Pon & Hip/Hop-Jazz Dance!**
www.championyouthprograms.org

Co-sponsored
by Pav YMCA
Berwyn

Learn to defend yourself and how to avoid dangerous situations/confrontations! Children are taught necessary skills needed today to identify and deal with strangers and bullies. This unique program combines safety awareness education with karate instruction in a fun structured environment. Other benefits include increased discipline, attention span, self-esteem & physical fitness! Parents always welcome to join!



Pom-Pon: Learn techniques to form a routine with awesome visual effects!
Jazz/Hip-Hop Dance: Learn dance steps to form an age appropriate routine that is fun & funky. (Take both and improve your skills for try-outs & competitions!) Session will culminate in a recital for all students! Boys welcome!

Wilson Elementary gym, 2310 S 57th Ave., Cicero. The school is 2 ½ blocks south of Cermak on 57th Ave. and one block west of S. Central Ave. When you arrive, enter through door #3 and go to the gym.

Pav YMCA Of Berwyn/Cicero, 2947 S. Oak Park Ave. The Pav YMCA is located just south of 26th street on Oak Park Ave. at the corner of Oak Park and 29th. Enter the main entrance. Class will be in the A&B room.

Registration is open the first 2 weeks of class so you can register & begin class on **Wednesday, Sept 21 or 28.** Classes are held every Wednesday through Jan 11, (13 classes if you begin the 1st day listed). No class 10/19, 11/23, 12/28 or 1/4.

Class size is limited; first come, first serve.
Register on Thursday, Sept 22 or 29, (29th if any spots still available). Classes begin on Sept 29 and run on Thursdays through Dec 15, (10 classes). No class 11/24, one date off TBD.

	<u>Register</u>	<u>Class</u>
New Students Ages 5 & Older /Parents:	6:00	6:15-6:55
All Returning Students /Parents:	6:45	7:00-7:40

	<u>Register</u>	<u>Class</u>
Pom-Pon Ages 5-8:	6:15	6:30-7:10
Hip-Hop/Jazz Ages 5-8:	7:00	7:15-7:55
Hip-Hop/Jazz Ages 9 & Older:	7:45	8:00-8:40

Prepay and save! ☺ \$6 per class if you prepay (\$86 includes \$8 registration fee), or \$7 if you pay weekly (plus a \$8 reg. fee paid once per course). Cash or checks w/ proper ID accepted. **There is a \$25 charge for returned checks** and your checks will no longer be honored. **A uniform (Gi)** is highly recommended for motivation and for freedom of movement. Uniforms are \$33.

Prepay and save! ☺ \$6 per class if you prepay, For 1 course: **\$68 for 10 classes** (includes \$8 reg. fee). **Prepay for both classes: \$128 total** (pay \$8 reg. fee only once) or \$7 per class if you pay weekly (+ \$8 reg fee paid once). Cash or checks w/ proper ID accepted. \$25 service charge on returned checks.
Pom-Pons are \$14, Shoe Poms \$4.50.
Girls uniform (used for both classes): \$16 T-shirt, \$12 shorts and \$2.50 ponytail pom. Boys uniform: \$16 T-shirt and \$16 pants.
Uniform required for recital.

Attn Parents! If you can beat class each week & would like a discount on lessons, call & ask about our "Parent Helper's Club". This is not a school sponsored activity.

Champion Youth Outreach 2000 • (847) 981-0576 • www.championyouthprograms.org