



KIDS SELF DEFENSE CLASS IN ACTION @ STUDIO JEAR

STUDIO JEAR INTRODUCES KIDS SELF DEFENSE CLASSES with Sensei Katherine



MONDAYS

6:00PM TO 7:00PM

KIDS SELF DEFENSE CLASSES

- 5 – 13 years of age

Teaching our young people how to stay safe in all situations!

Studio Jear is PROUD to announce Kids Self Defense with **Sensei Katherine (4th Degree Black Belt)**! Your children will learn the verbal, mental and physical skills needed to keep them safe and to avoid situations that can end tragically. Being small does NOT mean you are helpless!

This class will be held alternate Mondays in the month! In between keep your kids M-O-V-I-N-G with **KIDZ DANCE FITNESS with Lora – Mondays 5:45pm to 6:45pm - \$3!**



Kids will learn thinking tools to avoid certain situations and how to protect themselves from the unavoidable.

Please dress children in loose comfortable clothing. Sneakers – no flip flops or sandals!

COST: \$4.00



Kids will learn methods on how their actions or actions of others make other people feel.

**April 3rd
April 17th
April 29th**

STUDIO JEAR GROUP FITNESS

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