

PRESENT THIS FLYER FOR YOUR FREE CLASS

**** TUESDAY CLASSES ****

At the **Boys & Girls Club**
Of Santa Rosa, 1011 Hahman Dr.



KID FU®

As seen on
CBS
Evening Magazine

**SELF-DEFENSE
&
SAFETY AWARENESS
EDUCATION**



Course content:

This program combines safety awareness & self-defense in a fun structured environment. Children learn basic self-defense, communication skills, confident posture, self control, respect and Stranger & Bully Safety.

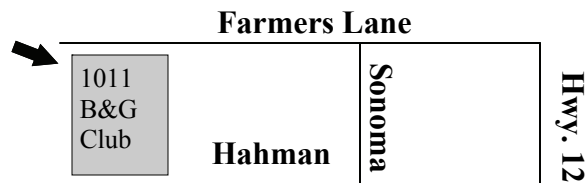
Tuesday Class Times: **New Students:** All Ages 5:00 p.m.

Returning Students:

YELLOW, ORANGE & PURPLE BELTS: All Ages 5:35 to 6:15

BLUE & BROWN BELTS: All Ages 6:20 to 7:00

ALL BLACKBELTS: 7:05 to 7:45



REGISTRATION: You can PRE-REGISTER ONLINE or Register 10 minutes prior to your class time at the first class.

Courses are 7 to 10 weeks in length, classes are once a week and continue year-round.

CLASS FEE: \$140 FOR 8 WEEKS

FOR MORE INFORMATION CALL: (707) 255-5470. KIDFU.TV

