



**Exercising is fun!
Exercising is healthy.
Learn to defend yourself.
Be strong. Be smart. Be safe.**

Lynbrook Youth Athletic Association Girl's Self Defense and Fitness Program

Registration: Tuesday, 4/30/19, 7:00 pm - 8:30 pm

Who: All Girls 6 - 14

When: Tuesday & Thursday evenings

Two Sessions:

Ages 6 - 9 6:45 PM – 7:45 PM

Ages 10 – 14 7:45 PM – 8:45 PM

First Session: Thursday, May 2, 2019

Last Session: Thursday, June 19, 2019

Where: Kindergarten Center, Atlantic Avenue School Gym

Fee: \$95

What to Wear?: Sweat pants, T-Shirt, and Sneakers.

What is the program about?

This program is designed to help your daughter learn the basics of personal safety, self-defense and physical fitness, and strength-conditioning. The instructors are experts in the martial arts, wrestling, and law enforcement.

What is the goal of the program?

The main goals are to teach your daughter personal safety, self defense, and promote fitness and strength. Additional benefits will be increased self-esteem, self-confidence, self discipline, and improved performance in school and other sports.

VOLUNTEERS ARE NEEDED: No experience necessary.

For more information, please contact Hilary Becker at 887-0677 x-303 or email at HilaryBecker7@Gmail.com.

To register by mail, please fill in the info below and mail to LYAA, 34 Forest Avenue, Lynbrook, NY 11563:

Child's Name: _____ **Parent's Name:** _____

Address: _____

Email: _____ **Phone:** _____

****This program is not affiliated with any Public School system.**

Approved for Distribution & Posting
4/12/19 tkm Supt. Office