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

Registration:  Tuesday, 4/7/20, 7:00 pm - 8:30 pm

Who:  All Girls 6 - 14
When:  Tuesday & Thursday evenings
Age Groups:
   Ages 6 - 9  6:45 PM – 7:45 PM
   Ages 10 – 14  7:45 PM – 8:45 PM
First Session:  Thursday, April 16, 2020
Last Session:  Thursday, June 11, 2020
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.