



# CHAMPION YOUTH OUTREACH

2000

A Non-Profit Organization



Self-Defense  
Classes for  
Children

**Self-Defense & Safety Awareness**  
**Auto Defensa**  
[www.championyouthprograms.org](http://www.championyouthprograms.org)

Auto  
Defensa  
para niños

**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!

Este programa esta disenado para enseñar y darle a los jovenes disciplina, confianza y buen sentido de si mismo. El maestro de cinta negra ensena a principiantes, intermediantes y avanzados tecnicas de defensa propia. Se promueve disciplina y seguridad en lugar de agresion. Padres bienvenido a participar!

**Plainfield School Multi-Purpose Room, 1850 Plainfield Drive, Des Plaines.** From the intersection of Lee/Manheim and Oakton, go west on Oakton to Webster (light) and turn left (south). Go to Everett and turn right (west) and then make a quick left on Plainfield Drive. (Note: the school is behind Maine Township West HS). Enter through the front doors.

**Escuela de Plainfield Cuarto Multiuso, 1850 Paseo de Plainfield, Des Plaines.** De la intersección de Lee/Manheim y Oakton, vaya el Oeste sobre Oakton a Webster (luz) y dé vuelta a la izquierda (sur). Vaya a Everett y dé vuelta a la derecha (Oeste) y luego haga un rápido dejado sobre el Paseo de Plainfield. (Nota: la escuela es detrás del Oeste de Municipio de Maine el HS). Entre por las puertas de calle.

**Registration is open the first 2 weeks of class** so you can register & begin class on **Thursday, January 24 or 31**, Classes are held every Thursday through March 21, (9 classes if you begin the 1st day listed).

**Las inscripciones seran los Jueves, el 24 o el 31 de Enero.** Las clases iniciaran el primer dia de las inscripciones (el 24 de Enero) y se llevaran acabo cada Jueves hasta el 21 de Marzo (9 clases). No habra pre-inscripciones.

	<u>Register</u>	<u>Class</u>
New Students Ages 5 & Older /Parents:	5:45	6:00-6:40
All Yellow & All Orange Belts /Parents:	6:30	6:45-7:25
All Purple Belts & Higher / Parents:	7:15	7:30-8:10

	<u>Inscripcion</u>	<u>Clase</u>
Estudiantes nuevos edades 5 años y mayores:	5:45	6:00-6:40
Cinturones Amarillos y de Naranja /padres:	6:30	6:45-7:25
Cinturones Púrpura y mas avanzado:	7:15	7:30-8:10

**Prepay and save!** ☺ \$7 per class if you prepay (\$71 includes \$8 registration fee), or \$8 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.

\$8 por clase si paga semanalmente (mas \$8 cargo de registro), o \$71 si paga la cantidad completa por 9 clases. **Hay un cargo adicional de \$25 por cada cheque sin fondo.** Un Uniforme (Gi) es altamente recomendado para libertad de movimiento y motivacion! Uniformes \$33. Estudiantes pueden traer pantalones cortos, sudaderas, y una camisa.

**Attn Parents!** If you can be at class each week & would like a discount on lessons, call & ask about our "Parent Helper's Club". This activity is not sponsored by CCSD# 59, or any of its schools, or groups officially associated with the District. For information on Poms & Hip-Hop/Jazz classes please call the office

**Champion Youth Outreach 2000 • (847) 981-0576 • [www.championyouthprograms.org](http://www.championyouthprograms.org)**