

ALL STAR YOUTH SPORTS PROGRAMS  
A NON-PROFIT ORGANIZATION



**Safety Awareness**  
**Self-Defense**



Classes are every Wednesdays  
**March 18<sup>th</sup> – June 10<sup>th</sup>**

Registration is on March 18<sup>th</sup> – 4:45pm  
No Class on 4/1 – Spring Break

**Only \$5 Per Class When Paid in Full – \$60 + Registration**

*For New Students in the 5:15 pm Class Only – 12 Weeks*

# Oak Park Elementary

2606 54<sup>th</sup> Street, San Diego, 92105

For Questions, Please Call 714-955-4714

**DIRECTIONS:** Located just south of College Grove Dr on 54<sup>th</sup> Frontage St.

New Students, Ages 5-10 ..... 5:15-5:50  
New Students, Ages 11+ ..... 5:55-6:35  
All Returning Students ..... Check with your instructor

Reviewed by: District Communications



This program, event or activity is not presented, endorsed, recommended, supervised or sponsored by San Diego Unified School District. The district assumes no liability or responsibility or any loss or injury arising out of participation and is merely permitting this material to be disseminated at this facility because of the possible interest of students and/or faculty.

**APPROVED**

By 115248 at 11:54 am, Mar 02, 2015

**Children learn:** How to communicate and defend themselves in real life situations involving *Stranger Abduction* and *Bully Intimidation*. Escape techniques are learned to defend against being grabbed and communication skills are used to diffuse problems. Safety information is discussed each week. This program focuses on Safety Awareness, Self-Defense & Discipline, not aggressiveness. All classes are taught in a fun, yet structured environment.

**Registration:** Registration occurs on the first day of class, Wednesday, March 18<sup>th</sup>. Please arrive 30 minutes prior to class (4:45pm – New Students) to register. *Students can register every Wednesday up until April 15<sup>th</sup>.*

- **Improve Self Confidence**
- **Promote Physical Fitness**
- **Develop Respect**
- **Increase Focus**

*If paying weekly, class fees are \$7. There is a \$7 registration fee. Uniforms are recommended and can be purchased at class for \$35.*

For more information please contact us at:

A Y S P - INFO@AYSP4KIDS.COM - 714-955-4714

# ALL STAR YOUTH SPORTS PROGRAMS

ORGANIZACION SIN BENEFICIOS ECONOMICOS

## Defensa Personal Y Conocimiento de Seguridad



Las Clases Son Todos Los Miercoles

**18 de Marzo – 10 de Junio**

Inscripcion – 18 de Marzo – 4:45pm

No Hay Clase - 4/1

Sólo **\$5** Por Leccion Si Paga Completo Por Toda La Session – **\$60** + Inscripcion

*Para Nuevos Estudiantes De La 5:15pm En La Clase Solo – 12 Semanas*

## Oak Park Elementary

2606 54<sup>th</sup> Street, San Diego, 92105

**Para preguntas, por favor llame al 714-955-4714**

*Ubicado justo al sur de College Grove Dr en 54<sup>th</sup> Frontage Street.*

Estudiantes Nuevos, Edades 5-10 .....5:15-5:50

Estudiantes Nuevos, Edades 11+ .....5:55-6:35

Todos Estudiantes Regreso ..... Consulte con su Instructor

**Los Ninos Aprenden (Edads 5-15):** Como comunicarse y defenderse en la vida real las situaciones que entranan un *Extrano Secuestro y Bully Intimidacion*. Escapar las tecnicas aprendidas para defenderse de ser agarrado y las habilidades de comunicacion son utilizados para difundir los problemas. Informacion de Seguridad se debatio cada semana. Este programa se centra en crear conciencia sobre Seguridad, Autodefensas unidas.

**Inscripcion:** Las inscripciones se realizan en el primer día de clase, **18 de Marzo**. Por favor llegue 20 minutos antes de la clase para registrarse. Los estudiantes pueden inscribirse para la cuarta semana de clases. Nuevos estudiantes pueden registrar hasta **15 de Abril**.

- Mejore La Confianza En Si Mismo
- Promover El Bienestar Fisico
- Desarrolle El Respeto
- Aumente Concentracion

**Si paga semanal, tasas por clase es de \$7. Hay una cuota de inscripcion de \$7. Uniformes son recomendados y pueden ser adquiridos en la clase de \$35.**

*For more information please contact us at:*

AYSP – INFO@AYSP4KIDS.COM – 714-955-4714