



BOYS & GIRLS CLUB
OF THE LOWER NAUGATUCK VALLEY

FOR IMMEDIATE RELEASE

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**KidSafe Karate Registration September 15th
at the Boys & Girls Club**

Shelton, CT, September 11, 2007 – The Boys & Girls Club of the Lower Naugatuck Valley is holding registration for Self-Defense Karate & Safety Awareness classes on Saturday, September 15th from 9-11 am at the Club. Classes are for boys and girls ages 5-15 and cost \$7 per lesson, plus a one-time \$5 registration fee. Students can pay weekly, or pay in full and receive a discount of one free lesson. New students are accepted up to the fourth week. Classes begin Saturday, September 22nd and are held through December 15th (12 lessons in all; no class on November 24th). Uniforms are recommended and are available for purchase at the first class and throughout the course.

This program is designed to enhance self esteem, self discipline and safety awareness. Students are placed into classes according to age and ability. A black-belt instructor teaches beginning, intermediate, and advanced techniques for self-defense only. Self-discipline and defense rather than aggressiveness are promoted. Weekly safety flyers focus on a wide range of topics, including stranger and fire safety.

For more information about the Boys & Girls Club of the Lower Naugatuck Valley, visit us at www.bgc-lnv.com.

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