

Next Gen Krav Maga – Introduction to Self-Defense (8-13yrs)

Meet the Instructor: Casey Boyer

Casey is the founder and Lead Krav Maga Instructor at Southpaw Krav Maga in Columbus, Ohio. He was drawn to Krav Maga's simple, effective, 'do anything necessary' approach. Casey currently holds a KMA 2nd Degree Black Belt Instructor certification, as well as a Practical Instructor certification from the Wingate Institute in Netanya, Israel. In addition to teaching and training, Casey can likely be found reading, failing to grow a mustache or playing with his pooch, Rosco.

Meeting Dates/Times/Location

Saturdays, Jan 16 – Feb 6

9-10 a.m.

Kaltenbach Park, Rooms A&B

Ted Kaltenbach Park, 5985 Cara Road, Dublin, OH 43016

Days Off

There are no scheduled days off for this session. If a class is canceled due to instructor illness or inclement weather, we will make every attempt to hold a make-up class. Review our Inclement Weather Policy (backside of sheet).

Program Overview

This program adapts the simple, effective and reality-based self-defense techniques of Krav Maga for younger bodies and minds. It is an introductory program that provides participants with the skills and experiences that help them learn how to be street smart and avoid being a victim of physical attacks, bullies, or anything life may throw at them. Each session, participants build awareness, confidence, and ability through practice, drills and discussions.

Program Expectations for Parents

Parents are expected to bring their children to the program on time, and pick up promptly at the conclusion. Parents are permitted to stay and observe if they wish. Please make sure your child has used the restroom prior to the start of class.

Program Fees/Supplies/Dress

There are four classes this session. The program fee is \$75 for Residents and \$85 for School District & Non-Residents. Participants should wear comfortable clothing that allows for freedom of movement.





Recreation Center Policies

Inclement Weather Policy:

In general, DCRC class/activity schedules coincide with Dublin City Schools. When school is cancelled, all daytime DCRC classes are cancelled, and a decision regarding evening classes (those after 4 p.m.) will be made by 3 p.m. Whenever schools are released early, all evening classes at the DCRC are cancelled. If you are unsure if a class will be held due to weather, please check our website at <http://dublinohioussa.gov/recreation/closings> for the latest updates and cancellations before heading out. You can also call our pre-recorded information hotline at 614-410-4946. In the event of a cancellation due to weather, we will make every attempt to provide a make-up class. Instructors will provide information on make-up classes.

Sibling Policy:

Due to the structure of the child/parent programs, only children who are the appropriate age for the class will be permitted to register and attend the program. No younger or older siblings are allowed in the classroom to sit and watch or be left unattended in the lobby. For your convenience, we have a Wee Folk Room available for families who are in need of sibling care during our programs.

Parent Policy:

All preschool/youth programs require parents to bring their child directly to the room for the program to sign them in, and to sign them out at the conclusion of the program (if not a parent participation program). With your child's best interest in mind and to provide the best learning environment, we ask that all parents refrain from entering the teaching area during classes. This eliminates any interruptions between the instructor and participants. We feel it is beneficial for the children to have time alone to interact with their peers. To provide a safe environment, students must be able to follow directions and not be disruptive.

Healthy Kids:

If your child experiences any signs or symptoms of illness, please do not bring them to the programs at the DCRC. Symptoms of seasonal flu include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Please be aware that if your child becomes ill or vomits during any of our preschool/youth programs, they must be removed from the facility right away. Refunds are not available due to illness.

Program Evaluations:

Our program evaluations are now paperless! You will receive an email after your final class thanking you for your participation and providing you a link to complete a short, online survey regarding your experiences in the class. We look forward to hearing from you! You can access this survey at anytime: <http://www.surveymonkey.com/s/KPH2R5C>