



## *Self-Defence and Safety class*

Dear Parents,

Welcome to a safety and self-defence after school club for children in years 4,5&6. During a 6 week course, children will learn about safety awareness and basic self-defence in a fun and safe environment. Sessions will be at Astwood Bank Primary School on Wednesdays from 3-4pm. **The first class will commence on Wednesday 8<sup>th</sup> January. The last class for this half term will be Wednesday 12<sup>th</sup> February.** I would recommend that children wear comfortable clothes such as jogging bottoms/leggings and T shirt. I would also recommend that you provide them with a drink.

I am a first degree black belt in Tae Kwon Do and a black belt in Aikido and am fully DBS checked and insured. I am a teaching assistant at school and therefore am well known to the children.

The cost is £30 per half term (£5 per class), payable in advance (non-refundable). If you would like to book a place for your child, please complete the form below and return to the school office with payment via cheque (made payable to S.Yates) or cash. If you would prefer a BACS transfer, please contact me for details. Places are offered on a first come first served basis. If you have any questions please do not hesitate to contact me at [s.yates336@btinternet.com](mailto:s.yates336@btinternet.com) or on 07949 739389.

Name of child..... Date of birth.....  
Class.....

Relevant medical information.....  
.....

Parent/Guardian name.....

Signature.....

Emergency contact and telephone number

1.....

2.....

Payment method .....

Kind regards

Mrs S Yates