



**WOMEN'S
TEENPOWER**
Course Enrollment Application

“You helped me find a power I didn’t know I had. I learned to say, ‘My NO means NO’ and make it stick.”

Because of their increasing independence, teen women face an especially high risk of assault. As they grow into women, our daughters experience increasing pressure to define their value in terms of how they are seen by men. This four-hour introductory workshop provides a safe and supportive environment for young women to learn and practice skills that will address most situations they are likely to encounter. Students learn to deal with verbal attack, peer pressure and harassment, as well as assaults from strangers and acquaintances. This program uses a head-to-toe padded instructor to give students the opportunity for realistic and safe practice of simple and effective self-defense. This class is for young women ages 13-18 or pre-teen girls who are graduates of Kidpower. Our services provide a professional training that most participants tell us is life changing.

Fees: The workshop fee is \$110 per teen. Discounts of \$10 will be given if more than one teen enrolls from the same family in the same class. Payment plans and scholarships are available; we also accept MasterCard, Visa and Discover. If you need scholarship support, please enclose a brief letter about the situation and a payment for the amount you can afford.

To Register: Please send the completed enrollment form with your payment to Kidpower, 627 North Weber Street, Suite 6, Colorado Springs, CO 80903. **We limit our workshop size and must have your payment in order to reserve your spot.**

Please keep the top portion for your records. See the next page for enrollment information.

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