



2010-2011 Schedule of Classes

Kidpower Weekend Family Workshop for young people ages 7-12

The Weekend Family Workshop is an innovative and very effective program that teaches young people how to detect and deter potential violence and abuse. Boundary setting and awareness skills are taught through age-appropriate role-plays. A head-to-toe padded instructor allows full-force practice of physical self-defense moves.

Fee: \$250 per child, including parents and guardians. Discount for siblings in the same class. (Payment plans, credit card payment and scholarships available.)

DATES (Friday, Saturday and Sunday):

September 24, 25 & 26, 2010
December 3, 4 & 5, 2010
March 11, 12 & 13, 2011
June 24, 25 & 26, 2011

TIMES for each weekend:

Friday	6:30pm – 9:30pm	Parents and adults
Saturday	9am – 1pm	Children’s workshop
Sunday	9am – 1pm	Children’s workshop

Teenpower Violence Prevention Workshop for teens ages 13-18

Because of their increasing independence, teenagers face an especially high risk of violence. In this upbeat, active, one-day program, students learn and practice skills for dealing with verbal attack, peer-pressure and harassment, as well as assaults from strangers and acquaintances. Students practice full-force self-defense skills on a head-to-toe padded instructor. The teen men’s class emphasizes de-escalation techniques.

Fee: \$110 per teen for 4-hour class. (Payment plans, credit card payment and scholarships available.)

DATES:

Teen Women’s Classes

Saturday, October 9, 2010
Saturday, January 22, 2011
Saturday, April 9, 2011
Saturday, July 9, 2011

TIMES:

9am – 1pm
9am – 1pm
9am – 1pm
9am – 1pm

Teen Men’s Class

Saturday, November 6, 2010

9am – 1pm

Parent-Child Workshop for children ages 4-6

Introduces everyday safety skills and guides adults in practicing these skills together with their children. At least one parent or guardian is required to attend with their child.

Fee: \$45 per child, including adults. (Payment plans, credit card payments and scholarships available.)

DATES:

September 11, 2010
November 13, 2010
January 15, 2011

March 5, 2011
May 14, 2011
July 23, 2011

All Parent-Child workshops take place from 9am – 11am.

For more information or an enrollment form, please call (719) 520-1311 or visit www.kidpowerCS.org
Privately arranged classes and school/agency programs are not listed on this schedule.