

The Town of Somers Parks and Recreation in conjunction with

Presents:



KRAV MAGA
NEW YORK
A KMW & KMA RECOGNIZED TRAINING CENTER

Get In Shape. Go Home Safe.

Krav Maga is an Israeli originated martial art that is considered modern, easy to learn, easy to retain, and easy to replicate. Since 2004, Krav Maga New York has been offering self-defense and fitness classes for men, woman and children. Our self-defense classes range from beginner level through Black Belt. Krav Maga New York is certified and recognized nationally by multiple licensing bodies. This fall schedule is a great way to get introduced to Krav Maga training.

Registration:

- Registration is open to Somers residents only.
- Will be accepted BY MAIL ONLY beginning Wednesday, January 4th and processed daily until all spaces are filled or January 11th whichever *comes first*.
- To register use the registration form, Adults form-[click here](#) or Children form [click here](#). Mail to: **Somers Department of Parks & Recreation, PO Box 46, Somers, NY 10589**, with name of the program on envelope and check.
- Please make checks payable to: Krav Maga New York

LOCATION: Somers Sports & Fitness, 245 Rt. 100, Somers, NY 855.426.5728

CHILDREN'S INTRO CLASSES (boys and girls ages 4 to 14)

Next Generation Krav Maga, our youth training program, offers Krav Maga based self-defense classes as well as Verbal Self Defense, a character development and anti bullying program for kids. Our program's primary goal is to foster a safe, fun and positive environment. Kids who participate in the program long term gain coordination, discipline, courtesy, respect, self-defense, self-control, self-esteem, Verbal Judo, and the life skills that will make them confident.

DAY/TIME: Thursday 5:00pm (45-minute classes, split age appropriately; 4-6, 7-10, 11-14)

DATES: Thursdays- 1/19, 1/26, 2/2, 2/9, 2/16, 2/23, 3/2, 3/9

FEE: \$190.00 make check payable to: Krav Maga New York

ADULT FUNDAMENTALS CLASSES (men and women and mature teens, 1 hour classes)

Krav Maga combines practical and realistic self-defense techniques with cross training, kickboxing and aerobics to get you in great shape and "street" safe.

DAY/TIME: Mondays/Wednesday at 5:30pm or Tuesdays/Thursdays at 7:00pm (pick 1x during the week) and Sundays at 9:30 am (2X per week, 1 hour classes)

DATES:
Mondays- 1/23, 1/30, 2/6, 2/13, 2/20, 2/27, 3/6, 3/13
Tuesdays- 1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/7, 3/14
Wednesdays- 1/18, 1/25, 2/1, 2/8, 2/15, 2/22, 3/1, 3/8, 3/15
Thursdays- 1/19, 1/26, 2/2, 2/9, 2/16, 2/23, 3/2, 3/9
Sundays – 1/15, 1/22, 1/29, 2/5, 2/12, 2/19, 2/26, 3/5, 3/12. 3/19

FEE: \$250.00 make check payable to: Krav Maga New York

Self Defense Class for WOMEN ONLY

This class is designed to provide women with the knowledge to defend themselves against realistic attacks. Krav Maga combines practical and realistic self-defense techniques with cross training, kickboxing and aerobics to get you in great shape and “street” safe.

DAY/TIME: Thursday 9:30am & Saturday 9:00am

DATES: Thursdays- 1/19, 1/26, 2/2, 2/9, 2/16, 2/23, 3/2, 3/9
Saturday – 1/7, 1/14, 1/21, 1/28, 2/4, 2/11, 2/18, 2/25, 3/4, 3/11, 3/18

FEE: \$190 per adult make check payable to: Krav Maga New York

StrikFit (men and women and mature teens, 1 hour classes)

Krav Maga NY offers a mix between Cross Fit Training and boot camp style classes. Our instructors are certified professionals and under proper supervision help us blast away those calories and become a stronger healthier you. Take your body to the next level by incorporating strength and conditioning, balance training, H.I.I.T, bag training, focus mitt work. Each workout is designed to build up your muscular strength and cardiovascular endurance. While each workout is tailored to your own specific goals we encourage you to work as a team. Pushing yourself not only past your barriers but helping fellow students reach their goals as well.

DAY/TIME: Mondays & Wednesday 6:00pm

DATES: Mondays- 1/23, 1/30, 2/6, 2/13, 2/27, 3/6, 3/13, No class 2/20
Wednesdays- 1/18, 1/25, 2/1, 2/8, 2/15, 3/1, 3/8, 3/15 No class 2/1, 2/22

FEE: \$190.00 per adult make check payable to: Krav Maga New York

Yoga

In this basic beginner yoga class we practice creating efficiency, setting up stable foundations and using muscular action to hold the proper alignment. We work on breaking up the tension and getting around the obstacles that hold you out of alignment.

DAY/TIME: Basic Beginner Yoga (Tuesday & Thursday 5:00-6:00pm)

DATES: Tuesdays- 1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/7, 3/14
Thursdays- 1/19, 1/26, 2/2, 2/9, 2/16, 2/23, 3/2, 3/9

FEE: \$190.00 per adult make check payable to: Krav Maga New York

Please note: Scheduled programs do not follow school calendar. All cancelations are under the discretion of Krav Maga New York