

FOR IMMEDIATE RELEASE

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UPCOMING CLASSES HELP KIDS BE SAFE AND HEALTHY

GLENDALÉ, Ariz. – Now that the kids are back in school, it is the perfect time to make sure they stay safe and healthy in their relationships with others. Three classes offered in September at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr., aim to give children the tools and confidence they need to navigate relationships in school and other environments.

Bully Proofing: Ages 7-11 can learn to avoid being bullied and know how to stop it if they are in this class that teaches in an interactive, non-threatening manner. Class is held 5:30 – 7:30 p.m., Wednesday, Sept. 7. The price is \$33 or \$40 for non-Glendale residents.

A Girls Way: Girls ages 11-14 can gain confidence, the ability to recognize risky situations and make safe choices. Class topics include setting boundaries with friends and acquaintances, drug and alcohol awareness, self-esteem and healthy body images. Class is held 9 a.m. – 12 p.m., Saturday, Sept. 10. The price is \$38 or \$46 for non-Glendale residents.

Cybersafe: Ages 8-11 will learn internet safety through interactive, non-threatening and entertaining lessons. This class focuses on teaching kids how to recognize the warning signs, safe and unsafe situations and the skills to make smart choices. Class is held 5:30 – 7:30 p.m., Tuesday, Sept. 13. The price is \$33 or \$40 for non-Glendale residents.

Preregistration is required for the classes by calling 623-930-4600 or visiting www.glendaleaz.com/parksandrecreation. For more information, call 623-930-4613.

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