



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DISCOVER YOUR OWN POWER



SELF DEFENSE CLASS

Ages 6 through 13

Downtown Y

Begin to Learn Respect, Discipline & Self Control. Learn how to react when you find yourself in the following scenarios: Against a Punch, Against a Kick, Against a Grab, Against a Push, Against a Choke and more. Learn the above in a Safe and Controlled environment, using Safe practice scenarios. Train, Learn, Practice, Have Fun.

8 Week Session
Mondays and Saturdays
6:00pm and 10:15am
Multi-Purpose Room
Each Class is 1 Hour and 15 Minutes
Members/\$32.00 Non Members/ \$80.00
Class Begins, Monday, January 9th

Purchase A Class Pass

5 Classes for \$25.00

Can Be Used For This Class Or Any Other