

FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

PREPARED FOR ANYTHING Self Defense Class

Learn basic self defense strategies, skills and training to assist in avoidance of an altercation and/or fight. Participants will also learn verbal and physical strategies to avoid as well as to protect themselves against a standing confrontation.

Class size is limited and students have opportunities to practice use of physical and verbal skills in drills and simulated attack scenarios with a male instructor.

July 21- September 5, 2014 **Program Registration:**

September 9 - October 15, 2014 Dates:

18+ (Adults only) Ages:

Class Days & Time: Tuesday & Thursday, 4:30pm to 5:30pm

Early Registration Fees: July 21 - 26, 2014

\$35 family Y members

\$60 Y program participant

July 28 - September 5,2014 **Registration Fees:**

\$45 family Y members

\$70 Y program participant

South County YMCA Gym Location:

Joe Gonzales - 831.678.1239 **Contact:**

jgonzales@ymcacentralcoast.org



Facebook

SOUTH COUNTY YMCA . 560 Walker Drive . Soledad, CA . 831-678-1239 . centralcoastymca.org



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