



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.

- Program Registration:** July 21- September 5, 2014
- Dates:** September 9 - October 15, 2014
- Ages:** 18+ (Adults only)
- 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
- Registration Fees:** July 28 - September 5, 2014
\$45 family Y members
\$70 Y program participant
- Location:** South County YMCA Gym
- Contact:** Joe Gonzales - 831.678.1239
jgonzales@ymcacentralcoast.org





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