

SUNDAY MORNING SELF-DEFENSE

Students will learn basic self-defense techniques including strikes, escapes, and throws during this four day course.

Dates: NOV 5, 12, 19, & DEC 3

Time: 9:30 AM to 10:30 AM

Fee: \$150.00 (This fee is for all four classes; one may not register for individual classes)

This self-defense course is for individuals that 16 years of age and older.



REGISTER TODAY!
873-0684

BELONG BELIEVE ACHIEVE

Boys & Girls Clubs and YMCA of Greater Waterville
at the **Alfond Youth & Community Center**
126 North Street, Waterville, Maine 04901
P: 207.873.0684 F: 207.861.8016 ClubAYCC.org

