

The City of Santa Cruz Commission for the Prevention of Violence Against Women (CPVAW) presents

WOMEN & GIRL'S SELF-DEFENSE CLASSES

SPRING (APRIL-MAY) AND SUMMER (JULY-AUG) 2014

Women and girls of all abilities are welcome.

R = Resident of the City of Santa Cruz N = Non-Resident

- ❖ Learn effective strategies, communication skills, and physical self-defense techniques to increase your personal safety at home, work, school, and on the street.
- ❖ Classes are fun, self-paced, interactive, non-competitive, and include discussions and exercises.
- ❖ Wear comfortable clothes.
- ❖ See registration information below..



Teen Women

SELF-DEFENSE FOR TEENS 13-18 yrs
\$5.00(R)/\$15.00(N) 4 days
The course addresses assertiveness, body language, the power of the voice and various physical self-defense techniques for teen women. Registration closed after the first class. *Note: Teens & Girls classes require parent/guardian signature on waivers at the first class. Please plan time to complete this at the first session.*

Louden Nelson Community Center 301 Center St
17766 Mondays 3:30-5:00 pm 07/14-08/04

Girls

GIRLS AND WOMEN ALLIES 8-12 yrs + women allies
\$5.00(R)/\$15.00(N) 3 days*2 days
This class welcomes girls 8-12 years old **with** their women allies (Mothers, Aunts, Grandmothers, Sisters, Older Friends) to register and attend a 2-week course. This class addresses assertiveness, the power of the voice, and some physical self-defense techniques for girls in a safe and fun environment. Registration closed after the first class. *Note: Teens & Girls classes require parent/guardian signature on waivers at the first class. Please plan time to complete this at the first session.*

Depot Park Freight Building 119 Center St
#17172 Saturday 1-4 pm 4/26-5/10*
17763 Sundays 2-5 pm 07/13 - 7/20
17764 Sundays 2-5 pm 07/27 - 08/03

"This class exceeded my expectations. I feel empowered and prepared. I feel stronger emotionally and physically!"

"My confidence was increased considerably by taking this course. I feel that is one of the most valuable things I got from this class."

Students' comments

Women

BEGINNING WORKSHOP FOR WOMEN 18 yrs & up
\$10.00(R)/\$15.00 (N) 2 days
This two-week workshop for women addresses assertiveness, body language, awareness, the power of voice and some physical self-defense techniques. Registration closed after the first class.

Louden Nelson Center	301 Center St	Classroom
# 17176	Sunday 1 – 4 pm	4/27-5/4
# 17761	Sundays 10:00 am – 1 pm	07/13 – 07/20
# 17762	Sundays 10:00 am – 1 pm	07/27 – 08/03

Senior Women

PERSONAL SAFETY FOR SENIOR WOMEN 60 yrs & up
FREE(R)/\$15.00(N) 4 days
Verbal and physical self-protection skills designed especially for senior women.

Louden Nelson Community Center 301 Center St
17765 Mondays 10:30 am – 12 pm 07/14 – 08/04

REGISTRATION INFORMATION

- Courses are closed after the 1st class.
- Please plan to attend each session of your class.
- Courses will be cancelled if a minimum number of students are not registered.

Nominal fee for most classes; no one turned away for lack of funds.

For questions regarding fees, call CPVAW 831-420-5363.

REGISTER AT THE CITY OF SANTA CRUZ PARKS & RECREATION OFFICE 323 CHURCH ST. 831- 420-5270 or on line @ www.santacruzparksandrec.com