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

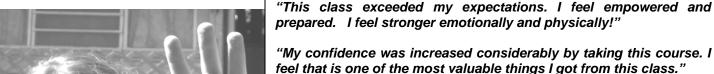
# WOMEN & GIRL'S SELF-DEFENSE CLASSES FALL 2015

## 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.





### **Teen Women**

### **SELF-DEFENSE FOR TEENS**

13-17 yrs

\$5.00(R)/\$15.00(N)

4 wks

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 Center 301 Center St Classroom** # 19204 Mondays 3:30-5:00 pm 10/26-11/16

### Girls

# **GIRLS AND WOMEN ALLIES** 8-12 yrs + women allies 5.00(R)/\$15.00(N) 3 wks

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
 119 Center
 Freight Bldg

 # 19205
 Sundays 9-12 pm
 11/01 -11/15

 # 19206
 Saturdays 1-4 pm
 12/05 -12/19

### Women

### **BEGINNING CLASS FOR WOMEN**

18 yrs & up 4 wks

\$15.00(R)/\$45.00 (N)

This comprehensive 4 week class for women addresses assertiveness, body language, awareness, the power of voice and various physical self-defense techniques. Registration

Students' comments

closed after the first class. **Depot Park**# 19198

Sundays 1:00-4:00 pm

Freight Bldg
10/25-11/15

# **BEGINNING WORKSHOP FOR WOMEN**

18 yrs & up

\$10.00(R)/\$15.00 (N)

2 wks

This 2 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.

 Depot Park
 119 Center
 Freight Bldg

 # 19207
 Saturdays 9:00– 12:00 pm 12/05-12/12

## Additional information:

- Courses are closed after the 1<sup>st</sup> 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