

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.



"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 CLASS FOR WOMEN 18 yrs & up
\$15.00(R)/\$45.00 (N) 4 wks
This comprehensive 4 week class for women addresses assertiveness, body language, awareness, the power of voice and various physical self-defense techniques. Registration closed after the first class.

Depot Park **119 Center** **Freight Bldg**
19198 Sundays 1:00-4:00 pm 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

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

Additional 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