

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

# WOMEN & GIRL'S SELF-DEFENSE CLASSES

## FALL 2012

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 2012*



### 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 Room 7**  
# 16003 Tuesdays 3:30-5:30 pm 10/16-11/06

### 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 3-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.*

**Louden Nelson Center 301 Center St Room 7**  
# 16026 Saturdays 1-3 pm 10/13-10/27  
**Walnut Avenue Womens Center 303 Walnut St**  
# 16005 Sundays 1-3 pm 10/14-10/28

### Women

**BEGINNING WORKSHOP FOR WOMEN** 18 yrs & up  
\$10.00(R)/\$25.00 (N) 2 wks  
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 Room 7**  
# 16004 Tuesdays 6-9 pm 10/16-10/23

**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.

**Walnut Avenue Womens Center 303 Walnut St**  
# 16002 Sundays 9 am-Noon 10/14-11/04

### Senior Women

**PERSONAL SAFETY FOR SENIOR WOMEN** 60 yrs & up  
FREE(R)/\$15.00(N) 3 wks  
Verbal and physical self-protection skills designed especially for senior women.

**Louden Nelson Center 301 Center St Room 7**  
# 16026 Saturdays 10:30 am – Noon 10/13-10/27  
(Note: Band Review on Oct. 20. Plan for delay at Center St)

- 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](http://www.santacruzparksandrec.com)