

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

# WOMEN & GIRL'S SELF-DEFENSE CLASSES

## WINTER/SPRING 2014

Women and girls of all abilities are welcome.

REGISTER AT THE CITY OF SANTA CRUZ PARKS & RECREATION OFFICE  
AT 323 CHURCH ST. 831- 420-5270 or on line @ [www.santacruzparksandrec.com](http://www.santacruzparksandrec.com)

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.

### 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**  
# 17170 Monday 3:30-5:00 1/13-2/10\*  
\*No class on 1/20

### 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.*

**Depot Park Freight Building 119 Center St**  
#17171 Sunday 2-5 pm 1/26-2/9  
#17172 Saturday 1-4 pm 4/26-5/10



Leonie Sherman, Instructor Extraordinaire

### Women

**BEGINNING WORKSHOP FOR WOMEN** 18 yrs & up  
\$10.00(R)/\$25.00 (N) 2 wks  
This two-week workshop 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**  
# 17175 Monday 6 - 9 pm 1/27-2/3  
# 17176 Sunday 1 - 4 pm 4/27-5/4

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

**Depot Park Freight Building 119 Center St**  
# 17174 Sunday 10 am - 1 pm 1/12-2/9\*  
\*no class 1/19

### Senior Women

**PERSONAL SAFETY SKILLS 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 Classroom**  
#17177 Sunday 10:30 am -Noon 4/13 - 5/4\*  
No class 4/20

**"I recommend these classes because they are so empowering and confidence-building."**

**"There is important information for all ages."**

**"Leonie is an amazing teacher!"**

**Recent students' comments**

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.