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

WOMEN & GIRL'S SELF-DEFENSE CLASSES

WINTER 2013

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
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.
Parking passes, if needed, are available at class.

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
16307 Tuesday 3:30-5:30 1/22-2/12

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
#16303 Sunday 1-3 pm 1/27-2/10

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.
Depot Park Freight Building 119 Center St
16305 Sunday 9 am - Noon 1/27-2/3

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..
Louden Nelson Center 301 Center St Classroom
16321 Tuesday 6-9 pm 1/22-2/12

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

"There is important information for all ages."

"Leonie is an amazing teacher!"
2012 students

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.