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

GIRL'S & WOMEN'S SELF-DEFENSE CLASSES

SUMMER 2013 REVISION 2

(R) stands for Resident of the City of Santa Cruz **(N) stands for Non-Residents**

- **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.**

Women and girls of all abilities are welcome.

Nominal fee for most classes; no one turned away for lack of funds – for fee questions, call CPVAW 420-5363.

REGISTER AT THE CITY OF SANTA CRUZ PARKS & RECREATION OFFICE AT 323 CHURCH ST. 420-5270.
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.

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.
Note: Location change
Depot Park Freight Building 119 Center St
#16689 TUES 6:00 PM-9:00 PM 7/9 -7/16
#16690 TUES 6:00 PM-9:00 PM 7/23-7/30

"I have realized how important self-defense is for *preventing* attacks. I have also realized how important it is to use the philosophy of self-defense and assertiveness in my everyday life."

Senior Women

PERSONAL SAFETY SKILLS FOR SENIOR WOMEN 60 yrs & up
FREE(R)/$15.00(N) 4 wks
Verbal and physical self-protection skills designed especially for senior women.

Louden Nelson Center 301 Center St Classroom
#16685 TUES 1:00-2:30 PM 7/9-7/30

Girls & Women Allies

GIRLS & WOMEN ALLIES- 8 -12 yrs with 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, and Friends) to attend a 3-week course. This class addresses assertiveness, the power of the voice, and physical self-defense techniques 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 Classroom
#16687 TUES **CANCELLED** 7/9-7/23
#16688 SAT 9:00 AM – Noon 7/13-7/27

Teen Women

SELF-DEFENSE FOR TEENS 13-17 yrs
$5.00(R)/$15.00(N) 3 wks
The course addresses assertiveness, body language, the power of the voice and 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
#16686 SAT **CANCELLED** 7/13-27