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

WOMEN & GIRL'S SELF-DEFENSE CLASSES

FALL 2013

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

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
16890 Tuesdays 3:30-5:00 pm 10/15-11/05

Girls

GIRLS AND WOMEN ALLIES 8 -12 yrs + **women allies**
$5.00(R)/$15.00(N) 2 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 Bldg 119 Center
16887 Saturdays 1-3 pm 10/26 -11/02 2 wks*
16888 Saturdays 1-4 pm 11/16 -11/23 2 wks
(Note: class #16887 is also only a 2 week class instead of a 4 week class as listed in the activity guide)

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 Freight Bldg 119 Center
16889 Saturdays 9 am-Noon 10/12-11/02
(Note: Band Review on Oct. 19. Plan to use Washington St to access Depot Park)

BEGINNING WORKSHOP FOR WOMEN 18 yrs & up
$10.00(R)/$15.00 (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.
Depot Park Freight Bldg 119 Center
16891 Saturdays 9 am – 12 noon 11/16-11/23

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.
Depot Park Freight Bldg 119 Center (note: location change)
16026 Sundays 10:30 am – Noon 10/20-11/03

- 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