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

**WOMEN & GIRL’S SELF-DEFENSE CLASSES**

**SPRING (April-May) and SUMMER (July-Aug) 2014**

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.
- See registration information below.

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**Teen Women**

**SELF-DEFENSE FOR TEENS** 13-18 yrs
$5.00(R)/$15.00(N) 4 days
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 Community Center 301 Center St
# 17766 Mondays 3:30-5:00 pm 07/14-08/04

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**Girls**

**GIRLS AND WOMEN ALLIES** 8-12 yrs + women allies
$5.00(R)/$15.00(N) 3 days/2 days
This class welcomes girls 8-12 years old with their women allies (Mothers, Aunts, Grandmothers, Sisters, Older Friends) to register and attend a 2-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
# 17172 Saturday 1-4 pm 4/26-5/10*
# 17763 Sundays 2-5 pm 07/13 - 7/20
# 17764 Sundays 2-5 pm 07/27 - 08/03

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**Women**

**BEGINNING WORKSHOP FOR WOMEN** 18 yrs & up
$10.00(R)/$15.00 (N) 2 days
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 Classroom
# 17176 Sunday 1 – 4 pm 4/27-5/4
Depot Park Freight Bldg 119 Center St
# 17761 Sundays 10:00 am – 1 pm 07/13 – 07/20
# 17762 Sundays 10:00 am – 1 pm 07/27 – 08/03

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**Senior Women**

**PERSONAL SAFETY FOR SENIOR WOMEN** 60 yrs & up
FREE(R)/$15.00(N) 4 days
Verbal and physical self-protection skills designed especially for senior women.
Louden Nelson Community Center 301 Center St
# 17765 Mondays 10:30 am – 12 pm 07/14 – 08/04

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**REGISTRATION INFORMATION**

- 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 online @ www.santacruzparksandrec.com

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“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