

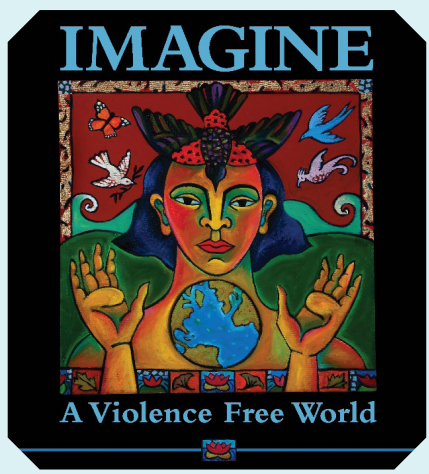
**THE CITY OF SANTA CRUZ COMMISSION FOR THE PREVENTION OF VIOLENCE AGAINST WOMEN (CPVAW) INVITES WOMEN AND GIRLS TO TAKE A SELF-DEFENSE CLASS.**

**Increase** your personal safety at home, work, school, and on the street. **Learn** effective strategies, communication skills, and physical self-defense techniques. **Classes** are self-paced, interactive, non-competitive and include discussions and exercises. **Women** and **girls** of all abilities are welcome! Wear comfortable clothes.

Advance registration is required through Parks and Recreation. Course may be canceled if minimum registration is not reached one week prior to the first class.

► Enroll at [santacruzparksandrec.com](http://santacruzparksandrec.com).

**Nominal fee for most classes – no one turned away for lack of funds. Call the Commission at 831-420-5363 for assistance regarding fees.**



**GIRLS & WOMEN ALLIES SELF-DEFENSE CLASS**

#166304 8–12

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.

LNCC Room 5	Staff
301 Center St	\$5 (R)/\$15 (NR)
01 Sa 9:00am–12:00pm	01/21–02/04 3 days
02 Sa 9:00am–12:00pm	02/25–03/11 3 days

**TEEN WOMEN'S SELF-DEFENSE CLASS**

#166303 13–17

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.

LNCC Room 5	Staff
301 Center St	\$5 (R)/\$15 (NR)
01 M 3:30pm–5:00pm	01/23–02/13 4 days
02 M 3:30pm–5:00pm	02/27–03/20 4 days

**WOMEN'S BEGINNING SELF-DEFENSE CLASS**

#166301 18+

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.

LNCC Room 1	Staff
301 Center St	\$15 (R)/\$45 (NR)
01 Tu 6:00pm–8:30pm	01/17–02/07 4 days
02 Tu 6:00pm–8:30pm	02/21–03/14 4 days

**WOMEN'S SELF-DEFENSE BEGINNING WORKSHOP**

#166302 18+

This is a 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 Freight Building	Staff
119 Center St	\$10 (R)/\$15 (NR)
01 Su 9:00am–12:00pm	01/22–01/29 2 days
02 Su 9:00am–12:00pm	02/26–03/50 2 days

**SAFETY SKILLS FOR SENIOR WOMEN**

#166305 60+

Verbal and physical self-protection skills designed especially for senior women.

LNCC Room 1	Staff
301 Center St	\$0 (R)/\$15 (NR)
01 Sa 1:00pm–3:00pm	01/21–02/04 3 days

