



Town of Surfside Parks & Recreation Department

SELF DEFENSE

May 1 - May 29



THURSDAY



7:15 PM - 8:15 PM



AGES: 16+

WHAT YOU LEARN?

- ✓ Stances+Footwork
- ✓ Patterns of Movement
- ✓ Balance+Agility
- ✓ Flexibility
- ✓ Defense+Counters

*Proof of residency is required at the time of registration.
*Changes/cancellations are subject to administration fees.

FEE:

\$60 /Residents

\$85 /Non-Residents

REGISTRATION

Residents: March 17

Non-Residents: March 31

Registration and classes held at
the Surfside Community Center
9301 Collins Avenue

PROGRAM REGISTRATION



SCAN ME!

