



# Town of Surfside Parks & Recreation Department

# SELF DEFENSE

January 9 - February 20



**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'S

**\$84** /Residents

**\$119** /Non-Residents

## REGISTRATION

**Residents: November 25**  
**Non-Residents: December 9**

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

## PROGRAM REGISTRATION



# SCAN ME!

