Join the Surfside Police Department and Parks and Recreation as we collaborate to host a Women's Self Defense Class. Training shows you how to resist and how to escape a sexual assault. The techniques are easy-to-learn and easy-to-use. The training will show you how to escape a standing assault and what to do if the attacker has you pinned on the ground. These techniques do not require strength, speed or coordination and are perfect for women of all ages and physical types.

Thursdays

October 1st ,October 8th

October 22nd , October 29th

6:15- 8:15pm

Classes held at the Community Center

Gym attire and sneakers are required

FREE

Pre-registration is required per class. Class space is limited

Contact Dina Goldstein at (305) 861-4862 to register

For more information please call (305)866-3635

Website: www.townofsurfsidefl.gov

POLICE SURFSIDE

DAVID ALLEN
CHIEF OF POLICE

IT STARTS IN PARKS
Coaching. Connecting. Community.