



Town of Surfside Parks & Recreation Department

SELF DEFENSE

March 5 - April 23
No Class: 3/26, 4/2, 4/9



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 AGES 16 - 54

60 / Residents
\$85 / Non-Residents

REGISTRATION

Residents: January 19
Non-Residents: February 2

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

FEE'S AGES 55+

Free / Resident
\$35 / Non-Residents



**SCAN
ME!**