



Town of Surfside Parks & Recreation Department

SELF DEFENSE

January 8 - February 19



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

\$84 / Residents

\$119 / Non-Residents

FEE'S AGES 55+

Free / Resident

\$42 / Non-Residents

REGISTRATION

Residents: November 24
Non-Residents: December 8

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



**SCAN
ME!**

More Information  www.townofsurfsidefl.gov  (305) 866 -3635

