



# Town of Surfside Parks & Recreation Department

# SELF DEFENSE

September 4 - October 23  
No Class : 10/2



**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: July 21**  
**Non-Residents: August 4**

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

## PROGRAM REGISTRATION



# SCAN ME!

More Information  [www.townofsurfsidefl.gov](http://www.townofsurfsidefl.gov)  (305) 866 -3635

