



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!

