



# 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 AGES 16 - 54

**\$84** / Residents

**\$119** / Non-Residents

### FEE'S AGES 55+

**FREE** / Resident

**\$49** / Non-Residents

### REGISTRATION

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

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



**SCAN  
ME!**

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

