



Town of Surfside Parks & Recreation Department

SELF DEFENSE

October 8 - December 17
No Class: 11/26



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

\$120 Residents
\$170 / Non-Residents

REGISTRATION

Residents: August 24
Non-Residents: September 8

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

FEE'S AGES 55+

Free / Resident
\$70 / Non-Residents



**SCAN
ME!**