



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SELF DEFENSE BASICS

Self Defense Class with Nick Gustafson

If you enjoyed our self defense demo this summer or want to refresh and fine tune your skills, this class is for you. This 4 week course lead by Nick Gustafson from the Wisconsin Army National Guard will help you understand the preventative and preparatory measures that can be taken to avoid physical altercation and how to survive them when violence cannot be avoided. Each class is approx. 1 hour.

Due to the sensitivity of the material in this class, participants must be 16 years of age and older. Athletic shoes are required and workout clothes strongly recommended.



REGISTER
NOW!

MUST BE 16 YEARS AND OLDER

CLASS DATES: Wednesdays in November 7, 14, 21 & 28

TIME: Start time 7:30pm

LOCATION: Superior Ys Multi-Purpose room

COST: \$5 Members, \$10 Non-Members

REGISTER: Register online or at the front desk

Max of 20 participants

Any questions contact: Jen or Sarah, 715-392-5611
jrosnau@superiorymca.org, selizabeth@superiorymca.org



SUPERIOR DOUGLAS COUNTY FAMILY YMCA

9 N 21st Street, Superior, WI 54880 715-392-5611 www.superiorymca.org