



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HIT & RUN

FREE SELF DEFENSE CLASS



WITH
MATT &
JEN!

Join Matt and Jen for our NEW LOOK to self defense. With Martial Arts drills, proper body mechanics for self protection and ways to teach you to be more aware of your surroundings, our HIT & RUN demo class will help prepare you for the basics in self defense.

Our demo class will break down movements and techniques to keep you safe.

**This class will give you the confidence to
HIT & RUN!**

DATE: Friday, July 16th, Friday, August 13th

TIME: PARENT & CHILD CLASS (age 7+)
4:30pm-5:15pm

TIME: ADULT CLASS (age 16+)
5:30pm-6:30pm

LOCATION: Superior YMCA Multi-Purpose Room

FEE: FREE

REGISTER: No registration required.

QUESTIONS: Contact Health & Wellness Director Jen Rosnau
jrosnau@superiorymca.org, 715-392-5611 Ext 115

SUPERIOR DOUGLAS COUNTY FAMILY YMCA
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