



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HIT & RUN

## SELF DEFENSE CLASS

SUPERIOR DOUGLAS COUNTY FAMILY YMCA



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, HIT & RUN will prepare you for the basics in self defense.

Our Level 1 class will break down movements and techniques to keep you safe.

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

**DATE:** Wednesdays & Fridays November

**TIME:** 5:30pm

**LOCATION:** Superior YMCA Multi-Purpose Room

**FEE:** Members: \$30

**No Class on Black Friday Nov 27th**

**REGISTRATION:** [www.superiorymca.org](http://www.superiorymca.org)

**Minimum 2 participants per class. Max 8**

**We encourage you to sign up with a friend!**

Questions?

Contact Health & Wellness Director Jen Rosnau  
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