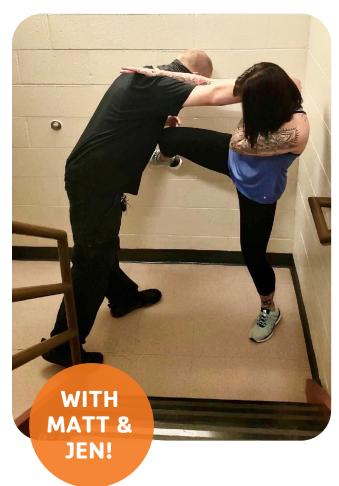


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HIT & RUN

SELF DEFENSE CLASS

SUPERIOR DOUGLAS COUNTY FAMILY YMCA



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 Minimum 2 participants per class. Max 8

We encourage you to sign up with a friend!

Questions?

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