



# Town of Surfside Parks & Recreation Department

# SELF DEFENSE

November 7 -  
December 19  
No Class: 11/21



**TUESDAYS**



**7:15 PM - 8:15 PM**

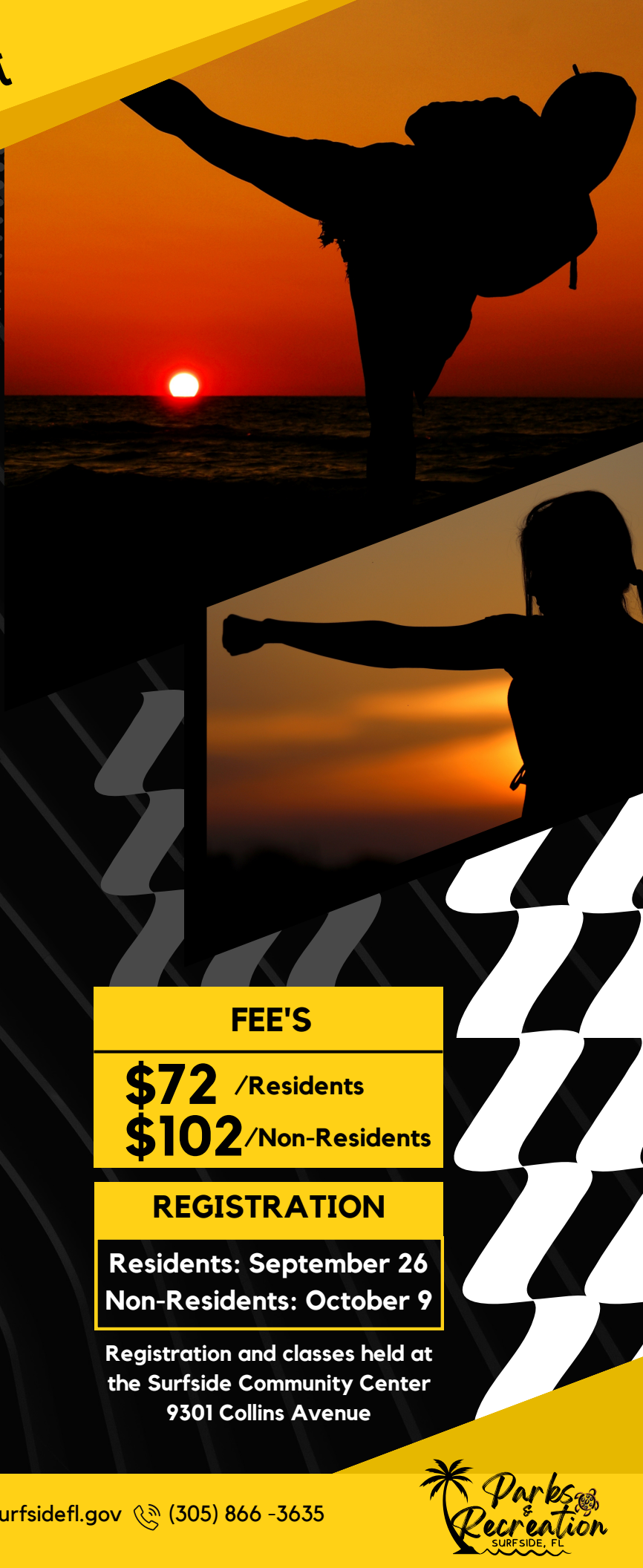


**AGES: 16+**

## 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

**\$72** /Residents

**\$102** /Non-Residents

## REGISTRATION

**Residents: September 26**

**Non-Residents: October 9**

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