

ADULT SPORTS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WOMEN'S SELF-DEFENSE WORKSHOP

This women's workshop for **ages 17+** will focus on building confidence and situational awareness; learning techniques that are effective and easily performed under high stress situations; introducing Wisconsin laws as related to use of force; and other necessary aspects of self-defense.

Date & Fee for Session

This is a seasonal workshop and only offered on these dates. All content is covered in one workshop session, but four dates are offered. All classes will be held on a Saturday and will be held in the Jaycee's Gym at the Geneva Lakes Family YMCA from 12:30–3:30pm.

January 12 | January 26 | February 9 | February 23

Members: \$20 | Community: \$40

Instructor

Ken Hansen is an instructor for 3rd Degree Black Belt Dragon Kenpo Karate, Hardened Target Personal Protection Program and Wisconsin DSPS Firearms for Security. Additional qualifications include Wisconsin DAAT trained and ASP Baton certified.

Register

Register at the Front Desk or by calling 262.248.6211.

Questions

Contact Avi Mor, Sports Director at 262.248.6211 or avi.mor@glymca.org.