



**New This Summer!**

**A Time for Dance is excited to offer**

**Women's Self-Defense class!**

Learn basic and effective self-defense techniques including blocks, strikes, escapes and how to be aware of your surroundings. Feel safe, strong and empowered! Great for moms and daughters to attend together or for a ladies night out with a group of friends! Anyone can attend so spread the word!

Dates: July 10<sup>th</sup> 5:30-6:30pm or August 14<sup>th</sup> 5:30-6:30pm

Cost: \$25

Ages: 12-Adult

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Women's Self Defense Registration

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Phone # \_\_\_\_\_

Email: \_\_\_\_\_

Circle class attending: July 10<sup>th</sup> or August 14<sup>th</sup> (5:30-6:30pm)

Cash or checks payable to **A Time for Dance**