

Self Defense Class



- **Week Program designed for ALL who want to learn how to protect themselves.**
- **Children & Parent pairs welcome!**
- **In this class participants will learn: Self and Surrounding Awareness, Self Control in the face of danger, how not to become a Victim and most importantly techniques to keep you and your family and friends safe.**

Program Dates: October 2nd-November 22nd

Cost: \$150.00 per pair or single participant [\$25.00 per additional participant]

Class Times: Monday/Wednesday at 7:30pm

Ages: 6 years & Up

**Location: NJ Elite Performance
[2404 Spring Ridge Drive Spring Grove, IL 60081]**

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