

# 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 2<sup>nd</sup>-November 22<sup>nd</sup>

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]

**[NJ ELITE PERFORMANCE] [2404 Spring Ridge Drive Spring Grove, IL 60081]  
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