

Fight Like a Girl

Women's Self Defense Class

Saturday, February 9th
9:30am - 12:30pm
@ Valley Shore YMCA
\$10 Reservation Fee
Space is limited!

Fee includes:

Session led by professional instructors
MUNIO Self Defense Key Chain
Participant T-shirt
Victory Celebration Lunch @12:30pm

This event is designed to give young women ages 15 years and up the skills and confidence to keep themselves safe from personal attacks.

The program is physical so come prepared to be active and intense.

Register on-line at vsymca.org

This program was made possible by a generous grant from :

PETIT family
FOUNDATION



Valley Shore YMCA
201 Spencer Plains Rd.
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vsymca.org

