

PERSONAL SAFETY & SELF DEFENSE

For Women, Men & Teens*



SATURDAYS:
MAY 18, 25 & JUNE 1



10 A.M. - 12 P.M.



CREEKSIDE COMMUNITY CENTER

ESSENTIAL SELF-DEFENSE SKILLS TAUGHT BY EXPERT INSTRUCTOR BRENT FOX INCLUDE:

- ✓ Safety education.
- ✓ Physical skills with padded suit for safe, effective learning.
- ✓ Bonus pepper spray lesson.

DISCUSSION OF ALL TOPICS IS ENCOURAGED.



* Minimum age 14. Youth 14-17 must enroll with parent/guardian.

The City of Bloomington does not discriminate against or deny the benefits of its services, programs, or activities to a qualified person because of a disability. To make a request for a reasonable accommodation, ask for more information, or to file a complaint, contact the Community Outreach and Engagement Division, City of Bloomington, 1800 West Old Shakopee Road, Bloomington, MN 55431-3027; 952-563-8733, MN Relay 711.



REGISTRATION FEE

\$90	\$110
Residents	Nonresidents

Register Now!

blm.mn/webtrac

CREEKSIDE COMMUNITY CENTER
9801 Penn Ave. S., Bloomington, MN 55431