



Can
you defend
yourself?

WOMEN'S SELF DEFENSE COURSE



WHEN

Tuesdays
February 5, 12, 19
7:00 PM - 8:30 PM

FREE



WHERE

Community Recreation Center
3375 NE 188 Street



REGISTRATION

In person registration is accepted at the
Community Recreation Center,
Founders Park (3105 NE 190 Street) and
Waterways Park (3301 NE 213 Street).



REQUIREMENT

Women ages 18 +



CONTACT

Visit cityofaventura.com, or contact the
Community Recreation Center at
305-466-3883.

What will you learn?

The set of classes aims to
empower women with:

AWARENESS
REACTION TRAINING
STRIKES
FOCUS OF POWER

Presented by the
City of Aventura
and the
Aventura Police Department

