

'On Guard' & 'Protek'

Basic Self Defense Orientation

The presenters: Ron Sanders – Real Life Situations & The Warren Police Department



for: Females ages 12 and up
Open to the Community

what: A Self-Defense Orientation

when: Jan. 24th – Mar. 14th

time: 4-5:30pm (teens)
5:45-7:15pm (adults)

where: YWCA of Warren
375 North Park Ave.

The YWCA of Warren will provide an educational and interactive self defense workshop for Trumbull County community females from ages 12 and up. The key components of this workshop include information on how to:

- protect yourself,
- using common sense, and
- Listening to your gut

All Self Defense Classes – MUST REGISTER

Every Monday Beginning: January 24 - March 14, 2011
Graduation Ceremony: Monday, March 28, 2011

On Guard – Teen Classes: \$3 per class/8 wk classes = \$24.00
Discount of \$10.00 if paid by Jan. 22 = \$14.00

Protek – Adult Classes: \$6 per class/8 wk classes = \$48.00
Discount of \$10.00 if paid by Jan. 22 = \$38.00

**You can still participate in classes.
You will need to be registered no later than
Jan. 31st's class to be able to attend.**

Youngstown
STATE UNIVERSITY



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empowering women
ywca

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