

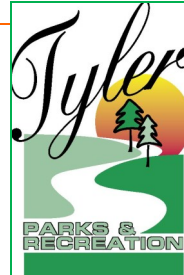


Women's Self Defense Clinic

Saturday, Feb. 25, 2012

10 a.m.–1:30 p.m.

\$25 per person



Take an afternoon and learn ways to minimize your risk of becoming a victim. Women are invited to come out and learn ways to become less vulnerable self defense to protect themselves from becoming a crime statistic. This class will teach you easy to remember maneuvers and techniques.

Join Alex Jones, a Fourth Degree Black Belt in Goju-Ryu Karate, as he will help you to learn and achieve a better line of defense for protecting yourself against an attack.

Please Print:

Name: _____

Address: _____

Home Phone: _____

Cell Phone: _____

Email Address: _____

In consideration of gaining membership or being allowed to participate in the activities and programs at the Glass Recreation Center, and to use its facilities, equipment and machinery in addition to the payment of any additional fee or charge, I do hereby waive, release and forever discharge the Glass Recreation Center and its employees, representatives, executors and all others from any responsibility or liability for injuries or damages resulting from my participation at said facility. I do also hereby release all of those mentioned and any others acting and any others acting on behalf from any responsibility or liability for any injury or damage to myself, including those caused by negligent act or omission of any activities of the Glass Recreation Center. I agree to adhere to all policies set by the Glass Recreation Center as written in the membership handbook.

Signature: _____ Date: _____