



City of Los Angeles Rec And Parks Robert M. Wilkinson Multipurpose Center
8956 Vanalden Ave.
Northridge Ca, 91324
Wilkinson.seniorcenter@lacity.org
(818)756-7741



FRIDAY SELF- DEFENSE CLASS



***NO EXPERIENCE
NEEDED!***

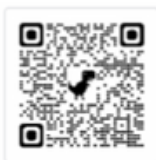
**Start Date;
November 14, 2025- January 9, 2026
Time; 4:30PM-5:30PM
8 Week Session**

Fee \$25

**OPEN TO ALL
WOMEN AND MEN**

WHAT YOU'LL LEARN:

- EFFECTIVE SELF-DEFENSE MOVES FOR REAL-LIFE SITUATIONS
- HOW TO IMPROVE AWARENESS AND AVOID DANGER
- CONFIDENCE-BUILDING TECHNIQUES
- SIMPLE BUT POWERFUL STRATEGIES FOR ANY SKILL LEVEL



**REGISTRATION ONLINE OR IN
PERSON ROOM #4**

PERSON WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS ACCOMMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENTS. PLEASE BE AWARE THAT SOME ACCOMMODATIONS MAY TAKE 30 DAYS OR LONGER. PLEASE SUBMIT YOUR REQUEST FOR AN ACCOMMODATION AS SOON AS POSSIBLE.