

Women's Self Defense Class

When: Session #1 June 24th & July 1st

Session #2 July 29th & August 5th

(Take one class, both classes per session or both sessions)

Time: 7:00PM – 9:00PM

Where: Ocean City Aquatic & Fitness Center

Instructor: Mike Copeland

Cost: \$15/session Members; \$25/session Non Members
\$10 per class Members; \$15 per class Non Members

1st Class – 1 Hr Romatron Key Chain Training – Used for Self Defense (key chain purchase is not included with class registration. Purchase is not required to participate in training) 2nd Hr – Basic Pressure Point application to confuse and disorient the attacker. Second Class – Review Key Chain Training adding additional techniques for Self Defense. More Pressure Point Training along with joint manipulation for self protection



Wear loose clothing – something comfortable

Call or stop by the front desk to sign up

1735 Simpson Ave, Ocean City, NJ 08226

(609) 398-6900