



Carl and Linda Grubb Family YMCA

FOR YOUTH DEVELOPMENT
SOCIAL RESPONSIBILITY
HEALTHY LIVING

Women's Self-Defense Class

Instructor - Jim Sparks
January - February
Mondays 7:30pm - 8:30pm



Sign up today before registration closes.

Please circle all that you plan to attend.

Session 1

January Classes
Registration Closes
Friday, December 30th

Cost - FREE

Session 2

February Classes
Registration Closes
Friday, February 3rd

Cost - FREE

Join us for our ladies self-defense classes; one hour of power Monday nights for two months of classes!
Learn how to get free from grabs, chokes and holds using several different techniques to give you the power to escape an attacker. This class will teach you what to do if you are put in an unfriendly situation; in a parking lot or any place that you are attacked. This class is for women 18 and older. Please bring your questions to class, this is the time and place to ask. Don't be a victim! Learn how to be a survivor!

Contact us for more information at: 336-861-7788. Visit us online at: www.grubbfamilyymca.org



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Registration Form

Please fill out the information listed below completely.

Name: _____ Phone Number: _____

Address _____ City _____ State _____ Zip _____

E-mail: _____ DOB: __/__/__ **Age on 1-1-2012** _____

Emergency Contact Information

Name : _____ Home Phone: _____ Cell Phone: _____

Address _____ City _____ State _____ Zip _____

E-mail: _____ DOB: __/__/__ Relation to contact: _____

I make the commitment to stay present and focused in my Women's Self-Defense Class because the safety of my family and myself matters. I give respect to my partner in class, my instructor and myself by attending 3-4 classes per month from January through February 2012. I will not use moves, holds or any other maneuver I learned in class on none other than my partner and instructor in a safe and secure classroom setting and on a possible potential attacker that wishes to harm myself or loved one.

Signature _____ Date _____

Note: In consideration of being permitted to utilize the facilities, services and programs of the YMCA for any purpose including, but not limited to, observation or use of the facilities or equipment, or participation in any off-site programs affiliated with the YMCA, the undersigned for himself, herself and any personal representatives, executors and administrators, WAIVE, RELEASE, DISCHARGE AND COVENANT NOT TO SUE the High Point YMCA, their directors, officers, employers and their agents for any and all injuries and other damages which he/she may suffer in connection with his/her participation in the program or any other activities."

Signature _____ Date _____
Reviewed by legal counsel 9-12-06

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