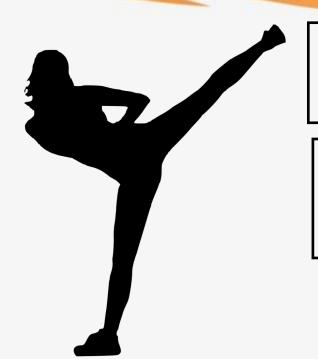
MONROE PARKS & RECREATION

SELF DEFENSE CLASS



TUESDAYS

January 14—February 4, 2025 Ages 13+

REGISTRATION FEES:

Resident: \$95.00 Non-Resident: \$105.00

CLASS TIME:

7:45pm-8:45pm

During each Self Defense class participants will learn fundamentals, self defense concepts, drills & techniques.

Max 14 participants





For more information or to register:

See: www.monroerec.org email: parksandrec@monroect.gov Visit: Parks and Recreation Department 7 Fan Hill Road, Monroe, CT 06468 Call: 203-452-2806



Monroe Parks and Recreation
Wolfe Park · Masuk Pool · Lake Zoar
Webb Mountain Camping