

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