



**FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Hanover Area YMCA Women's Self Defense Class



When: Saturday, February 4th, 2012 9-11 AM

Where: South Hanover YMCA, Fitness Studio

Who: Any YMCA member or Non-Member interested in learning more about Self-Defense Techniques.

The Hanover YMCA Association has partnered with the Hanover Karate Academy's, Jim Leete, to present this course.

Cost: YMCA Member: \$15 / Non-Member: \$25

**** Snow Make-up Date is set for February 18th.**

Contact: Cory Conrad, Health and Wellness Director with any questions at cconrad@hanoverymca.org or 632-8211.