

Self Defence

SELF DEFENCE CLASS for teen girls



**4 to 5pm
Tuesdays**



YWCA | HUNTER
REGION INC

Learn to Defend Yourself

Younger women, are statistically at a higher risk of assault and specifically sexual assault in our communities. Self defence and martial art skills often take a long time to master but the YWCA Hunter runs a well-designed self defence program that can offer skills designed for rapid learning and targeted to some common strengths and abilities. Classes include personal skills, alongside physical self defence skills.



WHEN?

Tuesdays
4.00–5.00pm
3 May–21 June 2022

WHERE?

YWCA Hunter,
24 Dawson St, Cooks Hill

HOW MUCH?

\$130 per term, we accept
active kids vouchers



BOOKINGS ESSENTIAL

www.ywcahunterregion.org.au/self-defence

FOR MORE INFORMATION

📞 02 4929 2954

📍 YWCA Hunter, 24 Dawson St, Cooks Hill NSW 2300

✉️ info@ywcahunterregion.org.au

🌐 www.ywcahunterregion.org.au

📘 YWCA Hunter Region Inc.

📷 [ywcahunterregion](https://www.instagram.com/ywcahunterregion)