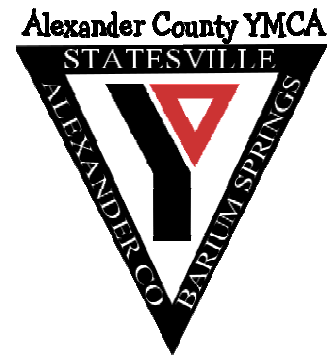


# **Women's Self Defense Class**



**Mondays, 6:30pm to 8pm**

At the Alexander County YMCA

Starts April 5th will run through June 28th

Women's Self Defense teaches you to be more confident, to overcome your fear and panic. It will teach you to be more aware of your surroundings and circumstances. This class is for women only and for ages 14 and up.

Mike Barber will be instructing this class. He is a 3rd Degree Black Belt and has been teaching Tai Kwon Do for 23 years in Taylorsville with Blue Ridge Karate. Mike has taught self defense for 18 years for men and women from ages 14 and up.

Cost: \$20 YMCA members \$25 Potential members  
For more information contact the Alexander County YMCA  
at 828-632-2232.

Alexander County YMCA  
Po Box 10, 260 Black Oak Ridge Road  
Taylorsville, NC 28681

