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**ONE TIME** FEEI MEMBERS:\$30 NON MBERS:\$55



## June 6th, 13th, 20th & 27th 6:00PM TO 7:00PM

CALL US

eW!

724.917.2857

Rock painting

### AGES 6 & Up



71 Columbia Avenue Greenville Pa 



# Women's SELF DEFENSE

#### MUST REGISTER BY 6/17! 724.917.2857

You will practice methods to keep yourself from becoming a victim. You will learn basic strikes, kicks and blocks. Along with moves to break away from your attacker.

Empowerment & Self Confidence

- Positive Attitude
- Importance of being observant
- Protect Yourself
- Learn how to become Stronger
- Sharper Focus

#### \$5 - Members \$15 - Non members

Baughman Family Community Center

Saturday June 22nd

9am-1230pm Baughman Family Community Center

#### 71 Columbia Avenue Greenville, Pa 16125

Instructor Bio : Pete Calenda \*Over 37 years in Law Enforcement! 16 of those years were training officers at the Police Academy! \*Pete continues to train SWAT and CIRT teams.

\*Pete is also black belt in Kune Tao Kung Fu as well as an instructor.



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