

Stay Alert & Defend Yourself

This 2-hour, hands-on class is presented by the Holly Hill PD
Class size is limited. RSVP is required.
Attendees receive a completion certificate
Monthly classes held at Sica Hall - 1065 Daytona Avenue
18 and older only. Liability waiver required.

Fill out the form below to sign up for the next available class. Class size is limited.

You must have JavaScript enabled to use this form.

Name:

Email:

Address:

Phone Number:

How did you hear about us?

EMPOWER Yourself

SADY

Stay Alert & Defend Yourself

Self Defense & Assault Prevention Class for Women

- Learn basic escape techniques to prevent assault and attack
- Identify safe zone places for merchandise exchanges
- Identify behaviors and body language when interacting with someone
- Utilize available "props" to help alert someone for help
- Learn the importance of not leaving handbags, purses, backpacks unattended
- Learn how to stay alert at all times when confronted with danger

THIS IS NOT A MIX MARTIAL ARTS CLASS.

FREE CLASS



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Call 386-248-9423 to RSVP.
Attendees receive a completion certificate

Monthly classes held at Sica Hall
1065 Daytona Avenue
18 and older only. Liability waiver required.
Class time: 6:00 - 8:00 pm

Upcoming Dates 2024:

January 3
February 7
March 6
April 3
May 1

Available Dates

Available Dates

- ☐ jan_3_2024|6-8:00pm
- ☐ feb_7_2024|6-8:00pm
- ☐ mar_6_2024|6-8:00pm
- ☐ apr_3_2024|6-8:00pm
- ☐ may_1_2024|6-8:00pm

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