

Watsonville Police Activities League Presents

YOUTH SELF DEFENSE

**THIS PROGRAM WILL INCLUDE TRAINING IN BOXING,
KARATE, WRESTLING & JIU JITSU
DESIGNED FOR FIRST-TIME STUDENTS, NO
EXPERIENCE NECESSARY.**

WHO: YOUTH/TEENS AGES 8 - 17

**WHEN: TUESDAYS & THURSDAYS
AT 4:45 - 6:00 PM**

WEDNESDAY ADVANCED SD CLASSES 6-7 PM

WHERE: 130 RODRIGUEZ ST.

**TO REGISTER: CALL (831) 763-4147 OR VISIT THE
PAL GYM DURING PROGRAM HOURS**

**Instructor
Mark Vasquez
831-325-9343**



**\$15 Yearly fee.
Free ongoing
classes.**

Watsonville Police Activities League Presenta

AUTODEFENSA PARA JOVENES

ESTE PROGRAMA INCLUIRÁ ENTRENAMIENTO EN
BOXEO, KARATE, LUCHA LIBRE Y JIU JITSU.
DISEÑADO PARA ESTUDIANTES PRIMERIZOS, NO SE
NECESITA EXPERIENCIA.

QUIEN: JOVENES EDADES 8- 17

**CUANDO: MARTES Y JUEVES
A LAS 4:45 - 6:00 PM**

MIERCOLES- CLASSES AVANCADAS 6-7 PM

DONDE: 130 RODRIGUEZ ST.

**PARA REGISTRARSE: LLAME AL (831) 763-4147 O
VISITE EL GIMNASIO PAL DURANTE EL HORARIO DEL
PROGRAMA**

**Instructor
Mark Vasquez
831-325-9343**



**Pago annual de \$15
Classes gratis
continuadas.**