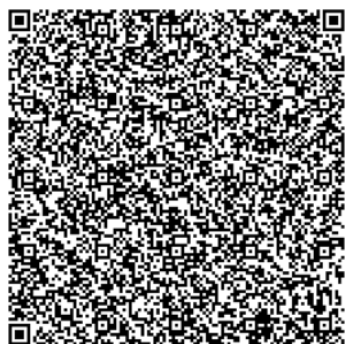


DOWNTOWN YMCA
146 Arsenal Street
Watertown, New York 13601

For program questions contact:
Master Robert Lawlor: 315.783.9461

For more information on programs,
memberships, services, and to
register: watertownymca.org



**SCAN QR CODE
TO REGISTER**

Check out these other great
YMCA programs:

- Group Ex Classes
- Aqua Fitness Classes
- Private Swim Lessons



GATEWAY FINANCIAL SCHOLARSHIP

To successfully achieve our goal of providing service for all youth and families, with the support of the **Northern New York Community Foundation**, the **WATERTOWN FAMILY YMCA**, provides financial assistance to those who cannot afford the memberships or programs fees. Assistance is based upon the applicant's income and expenses.

Applications are available at the Welcome Center or online. YMCA is committed to protecting the privacy of its members and maintaining their personal information in confidence.



Northern New York
Community Foundation



**DOWNTOWN YMCA
SELF-DEFENSE
18+ YEARS**

**REGISTRATION OPENS
OCTOBER 8, 2024**



WHAT YOU NEED TO KNOW

Ages: 18+ Years

Location: Downtown Y Cardio Studio

Date: October 23, 2024

Day & Time:

Wednesday

6:00-7:30 PM

Program Fee:

Members: \$10.00

Non-Members: \$20.00

Military: \$15.00

Max Number: 30 Participants

Instructor: Master Lawlor



REQUIRED EQUIPMENT

Water Bottle

Comfortable Clothing(Not loose)

No shoes or socks

SELF-DEFENSE

SELF- DEFENSE class is instructed by Master Instructor Bob Lawlor. Master Lawlor has instructed in the Law Enforcement Academy, Women's Self-Defense Classes, Defensive Tactics for U.S. Customs and Border Protection Officers, Anti Abduction Programs, Self -Defense Courses in many Colleges and other programs in the area. Self-defense teaches people how to protect themselves from an attacker and how to respond in dangerous situations.

Self-defense Class Topics:

- **Situational awareness:** How to prevent or avoid a dangerous situation. Awareness is one of your primary self-defense weapons. You'll learn to be aware of your surroundings.
- **De-escalation:** How to deescalate a potentially dangerous situation.
- **Response:** How to respond to low, medium, and high threat situations.
- **Multiple Hard & Soft Techniques:** If your first technique is not effective, be ready to use another immediately.

By training diligently, you can develop a series of coordinated movements that will be useful in a self-defense situation. You should attempt to master both defensive and offensive maneuvers.



WATERTOWNYMCA.ORG