

2022 FALL 2 ADULT PROGRAMS

Registration 10/26 @ 5PM online only
Classes are 6 weeks unless otherwise noted

Classes begin 11/7
Prices listed are Member pricing



SELF DEFENSE FOR ADULTS Thursdays 5-6pm 16+

Self defense techniques as taught by the Samurai. Neutralize your opponents attacks with joint locks, takedowns and escapes

SELF DEFENSE FOR WOMEN Thursdays 6-7pm 16+

Learn how to become aware of your environment and become confident that you can escape from an attacker using simple martial arts techniques

For more information and class descriptions
call 201-955-5300 or visit meadowlandsymca.org

