

Are you a mother? A daughter? A sister? A teen? A senior?

Women's Self Defense Class

Saturday, July 10, 2010 1-5 PM

River Valley Complex (room #108)
605 Main St., Leaf River, IL 61047

You have the absolute right to defend yourself

Gallowglass Academy offers a 4-hour self defense class led by Association for Women's Self Defense Advancement (AWSDA) members and Certified Instructors Andrea Dubnick & Allen Reed.

Class is open to women only, 14 and older. Parent or legal guardian must accompany women under 18.

Tuition for the class will be \$15 each, \$10 each additional family member. No martial arts experience or athletic ability necessary. Wear comfortable workout clothes or street-wear. Need-based scholarship assistance may be available - please ASK!

Preregister by June 30, 2010 by mail (PO Box 201, Leaf River, IL 61047) phone (815-973-1064) or email (GallowglassAcad@aol.com.)

Gallowglass Academy, Inc.

Training, Tradition, Defence
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