



We build strong kids, strong families, strong communities

Upland YMCA

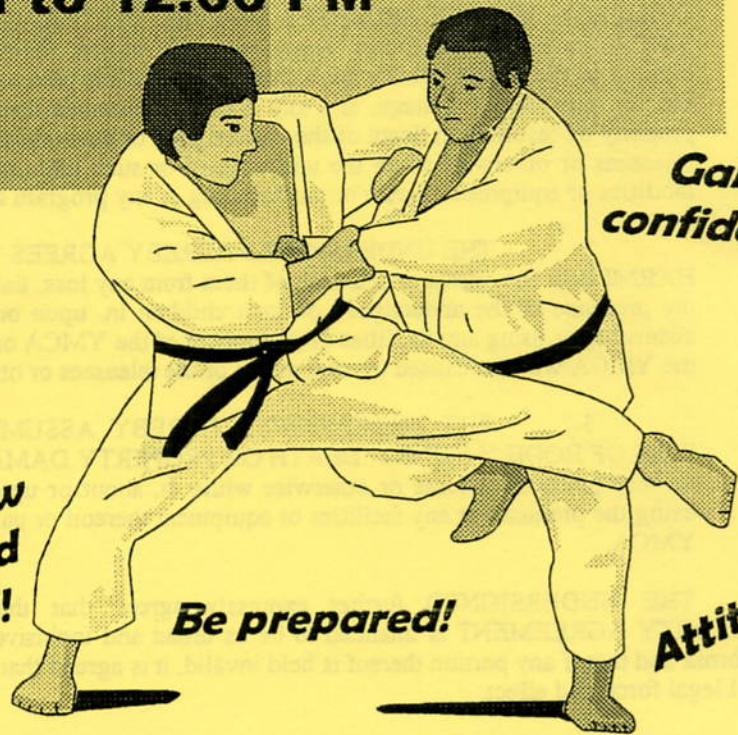
FREE Self Defense Class

Date: Saturday Feb. 23, 2001

Time: 9:00 AM to 12:00 PM

Cost: FREE!

**For Adults and Youth
(ages 11 and up)**



Gain confidence

Learn how to defend yourself!

Be prepared!

Attitude

**Sponsored by
Black Belt Center
Changmookwan Team**

Sign Up Today!

Sign-ups will be taken the day of class if there is room.

Call Lisa Kolbe for more information.

Tel: 909-946-6120

UPLAND YMCA



1325 San Bernardino Rd.
Upland, CA 91786
Phone: 909-946-6120

Name _____

Age (If under 18) _____

Address _____

Parent's Name (If under 18) _____

Male Female

Home Phone _____

Work Phone _____

Signature _____