

# YWCA Free Self-Defence Course



The YWCA of Hamilton focuses on empowering women. One way that they are doing this is through Free Self Defence Courses for women of all ages. This has been made possible through funding from SKY CITY Hamilton Community Trust. These Self Defence courses are designed to teach women the basics to defend themselves in a variety of situations. Self-Defence will enable women to feel more confident walking down the street by themselves or waiting to be picked up from somewhere.

***The first course is on Saturday the 21<sup>st</sup> of March 2015 from 9:30am until 1:30pm.***

Its focus is on bringing in mothers and daughters for a fun, interactive session.

**Other up and coming sessions are;**

Thursday 9<sup>th</sup> July 2015 from 1pm until 5pm (this session is in the school holidays)

Saturday 12<sup>th</sup> of September 9:30am until 1:30pm

Friday 4<sup>th</sup> of December 2015 1pm until 5pm.

**Register yourselves and a plus one today!**

Please contact **Molly Allen**, YWCA Programmes Coordinator,  
at [programmes@ywcahamilton.org.nz](mailto:programmes@ywcahamilton.org.nz) to register for one of the courses.

