

ADULT SELF DEFENSE CLASS

Ages 18 and Up

Self-defense is a real and necessary skill. Did you know that people who are confident in crisis seldom need to defend themselves? Their belief in themselves turns predators away. Join Jonathan Metcalf at *Integrity Martial Arts* to learn simple strategies to minimize risk, tactics to get you to safety quickly, the psychology behind most violence and how to avert it and the fundamentals of striking and escaping. This coed class is great for students who are or will be attending college. **Please note that mature topics will be covered in this class.** Participants should wear comfortable clothing and bring a water bottle. **Please note that in addition to registering, you must complete the Integrity Martial Arts waiver at www.KeepYouSafer.com.** Due to COVID-19, several additional policies are required of all participants. Please see page 2 for details. **Limit: 16.**

Date: Thursday, July 8, 2021

Fee: FREE!

Time: 7:00 - 10:00 PM

Activity Number: 3605.1216.401

Location: Integrity Martial Arts Studio, 585 Hazard Ave.

- REGISTRATION BEGINS -

Residents: Friday, May 14 at 8:00 AM

Non-Residents: Friday, May 21 at 8:00 AM



WE'VE MOVED!!
Enfield Recreation | 124 North Maple Street
860.253.6420 | www.enfield-ct.gov/recreation



PROGRAM POLICIES RELATED TO COVID-19

- **Participants must complete a self-screening before arriving at the program. If you or anyone in your household does not feel well for any reason, please do not attend the program. Please notify us if you or someone in your household tests positive for COVID-19 on the day of the program or in the 14 days immediately following the program.**
- Participants should not arrive more than 10 minutes before the start of the program.
- **Participants will be required to follow all current masking mandates.**
- Upon arrival, a visual health screening will be conducted by program staff.
- Contactless sign in will be held in the lobby of the Integrity Martial Arts Studio. Hands must be sanitized/washed at the beginning of the program.
- Participants must follow the instructor's directions to keep socially distanced throughout the program.
- Person-to-person contact will be kept minimal during the program.
- Equipment will not be shared to the best extent possible. Used equipment will be sanitized before and after the program and during the program as needed.
- An email will be sent to registered participants 24-48 hours prior to the start of the program with details, reminders and any updates.

Policies are subject to change based on new local, state or federal regulations.

We will communicate any changes via email.