

Street Smart Self Defense

For Youth & Adults

Nov.8 to Nov.29/11
Tuesdays & Thursdays
6:00pm– 7:30pm
\$35 per person for 4 weeks

14 York Road
Unit #1
Shannonville,Ont
K0K 3A0

A percentage of the proceeds will go to-
wards Red Cedars for the women to go to
TFRC



Instructor Fred Dracup has over 30 years experience
Space is limited to 16 participants sign up by:
Friday, October 28/11 (need at least 6 participant's)

Phone: 613-962-2822
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Tyendinaga Fitness Resource Centre