

WOMEN'S SELF DEFENSE CLASS

Ages 18 Years and Older

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 in this 2 part program 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 is a great course for students who are or will be attending college. **Please note that mature topics will be covered in this class.** Participants must wear a face mask and 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 new policies are required of all participants and their families. Please see page 2 for details. **Limit: 10.**

Dates: Mondays, October 19 & 26, 2020 **Fee:** FREE

Time: 7:00 - 9:00 PM

Activity Number: 3605.1216.101

Location: Integrity Martial Arts Studio, 585 Hazard Ave.

- Online Registration Begins -

Residents: Tuesday, September 15 at 8:00 AM

Non-Residents: Tuesday, September 22 at 8:00 AM

*If you wish to register in person, please call the office at
860.253.6420 to set up an appointment, M-F, 8AM - 4PM.*



Enfield Recreation | 19 North Main Street
860.253.6420 | www.enfield-ct.gov/recreation



PROGRAM POLICIES RELATED TO COVID-19

- **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.
- Please do not arrive more than 10 minutes before the start of the program.
- Masks **MUST** be worn by participants during non-active times, such as signing in and out and using the restroom.
- Sign in and out will be held in the lobby of the Integrity Martial Arts Studio. Sign in and out will be contactless and conducted verbally. Masks **MUST** be worn during sign in and out. Only participants will be allowed in the building - no spectators will be allowed inside. When signing in and out, please maintain a social distance of at least 6 feet between yourself and others.
- Upon arrival, a visual and verbal health screening will be conducted by program staff.
- Hand sanitizer and restrooms will be available for participants to use during the program. Hands must be sanitized/washed after signing in, after using the restroom and as needed during the program.
- Peer-to-peer and instructor-to-peer contact will not be allowed at any time 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.
- Personal items will not be shared during the program.
- Participants must follow the instructor's directions to keep socially distanced throughout the program.
- Participants should bring all of their belongings with them when they leave - any items left behind will be discarded.
- **Policies are subject to change based on new local, State or Federal regulations. We will communicate any changes with you via email.**