



Self-Defense Class for Women and Girls

Summer Classes: Saturday May 14th, June 11th, & July 9th

11:15am-1:15pm High School Ages 14-18

1:45pm-3:45pm Ages 19+

Fee: \$40.00

SASS 1: Participants are trained physically and mentally for the most common threats to their safety. This course is paramount to creating a community of women and girls who know their inherent worth and how to advocate for it verbally and physically.

Sign up at
bettendorf.org/register

