



CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS
WESTCHESTER SENIOR CENTER
8740 LINCOLN BLVD, LOS ANGELES, CA 90045
(310) 649-3317/ WESTCHESTER.SCC@LACITY.ORG



Blocking the Punches

With Jane Singer & Jessica Masser

TUESDAYS
10:30 -11:30AM
NOV 5 - 26TH
FREE

Join Jane & Jessica in this 4 week Senior Self Defense class where you will learn Self defense techniques and abduction prevention. A must for everyone!

REGISTER NOW - ONLINE AT LAPARKS.ORG,
IN PERSON AT THE OFFICE, OR BY PHONE 310-649-3317



ALL PROGRAMS SUBJECT TO CHANGE OR CANCELLATION.
PERSONS WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS.
REASONABLE ACCOMMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENTS. PLEASE BE
AWARE THAT SOME ACCOMMODATIONS MAY TAKE 30 DAYS OR LONGER. PLEASE SUBMIT
YOUR REQUEST FOR AN ACCOMMODATION AS SOON AS POSSIBLE.



WESTCHESTER.SCCLA