



SANTA ANA COLLEGE

School of Continuing Education



SELF DEFENSE FOR EVERYONE

Tuesdays

SUMMER SESSION:

7/1/2025 – 7/29/2025

9:30 AM – 11:00 AM

FALL SESSION:

8/19/2025 – 12/9/2025

9:30 AM – 11:00 AM

Join our empowering self-defense class designed specifically for older adults! This engaging program focuses on practical techniques tailored to enhance personal safety and build confidence. Come and discover how to protect yourself while enjoying a fun and interactive experience!