



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IGNITE POSSIBILITIES

Build Confidence Too

WOMEN'S SELF DEFENSE

January 2 - February 19 & February 20 - April 16

Ages 12+ Years | \$40 Member/ \$64 Non Member

WEDNESDAYS 6:15PM

Gain the upper hand in this power-packed class designed to make you aware, prepared, and ready for any situation. Taught by a certified Girls on Guard instructor. For all levels.

- 45 minutes (30 minute skills, 15 minute instruction)

**FIND SOMETHING FOR
THE WHOLE FAMILY!**

View all offerings at grymca.org or pick up our Program Guide at a Branch near you.

**SIGN UP
TODAY!**

WINTER 1 DEADLINE DEC. 26
WINTER 2 DEADLINE FEB. 13

Visit grymca.org, call 616.527.5760,
or stop by the front desk.

IONIA COUNTY YMCA
250 East Tuttle Road
Ionia, MI 48846