Hi

We have 2 x 3 week courses of **Girls’ Self-Defence classes** on Wednesdays  
coming up.

DATES

Course 1: **21/02/18 - 28/02/18 - 07/03/18**

Course 2: **09/05/18 - 16/05/18 - 23/05/18**

These will only cost you £6 for a full 3 weeks. There is only a limited amount of spaces and therefore we ask for the paperwork and the money up front to secure your place.

Please make it clear if you prefer Course 1 or Course 2 or would be happy to do either. We will try to put the year groups together on the same course.

Return the coupon below with the following 3 documents filled in. These are attached and also available on our website.

1. Safety Briefing

2. Medical Agreement

3. Photo Agreement

The course is run by Dr John Titchen who has provided courses at the youth club previously. Other courses are run locally.

For further background information go to:   
[www.titchen.com](http://www.titchen.com/) & [www.d-a-r-t.org.uk](http://www.d-a-r-t.org.uk/)

I have seen Dr Titchen’s insurance certificate and Generic Risk Assessment which you can see if you wish.

Don't miss out. HGYC is able to offer these sessions at such a low price due to sponsorship that we have been able to secure.

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**Girls’ Self-Defence Courses at HGYC**

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Course required:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

£6 payment enclosed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_