



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CONFIDENCE KNOWLEDGE EMPOWERMENT

Self-Defense Workshop for Teens  
YMCA FAIRFAX COUNTY RESTON

YMCA Fairfax County Reston is hosting a **3 day** seminar to practice safety and situational awareness for teens ages 11-21.

The seminar will be led by our very own Howard Kee, a 5th degree black belt and a YMCA professional. The class will include techniques for personal safety, tactics, and how to interact with police officials.

**WHEN:** Saturday, January 13th, 20th and 27th

**TIME:** 1:00pm-2:00pm

**LOCATION:** YMCA Fairfax County Reston  
12196 Sunset Hills Road  
Reston, VA 20190  
P: 703-742-8800

**COST:** \$40 Full Members  
\$55 Program Members

**CONTACT:** Jen Dryzga, Wellness Director at [Jen.Dryzga@ymcadc.org](mailto:Jen.Dryzga@ymcadc.org) or (703) 742-8800

