The County of San Diego Department of Parks and Recreation’s Women in the Wild program was created to teach outdoor skills in a fun, nurturing and non-competitive environment. Experiences are educational, interactive and fun – building confidence and a sense of community while fostering new appreciation for San Diego’s parks, preserves and diverse recreational opportunities. Women in the Wild experiences are planned for women, by female staff members and partners. With events ranging from backpacking to bouldering and hiking to camping, we’re opening new avenues for conversation, connection and collaboration.

KRAV MAGA
SELF-DEFENSE COURSE

SATURDAY, SEPT. 17 / 9 - 11:15 A.M. / HERITAGE COUNTY PARK
2454 HERITAGE PARK ROW, SAN DIEGO, CA 92110 / PARK INFO: 619-232-7275

Women in the Wild is heading to Heritage County Park in Old Town for a 90-minute self-defense class. On the back lawn, rangers will lead introductions and instructor Arielle Kantor will walk you through Krav Maga – a form of martial arts that incorporates techniques used in aikido, boxing, judo, karate and wrestling. This style of combat is quick and efficient; aggressively targeting key areas of an offender to halt unwelcome physical confrontations. Embrace your natural skills to live strongly, safely and self-protected - and tap into your intuition while learning to be environmentally aware and prepared.

THIS IS A FREE EVENT. ALL AGES ARE WELCOME. SPOTS ARE LIMITED.

Wear breathable, stretchy clothing, sun protection and good shoes.
Bring water and snacks. Inclement weather will cancel.

REGISTRATION IS REQUIRED:
4S RANCH PARK OFFICE
858-673-3900 / M – F, 8 A.M. – 4 P.M.
— OR —
SPRING VALLEY COMMUNITY CENTER
619-479-1832 / M – TH, 12 – 8 P.M., OR F, 12 – 5 P.M.