

# Basic Self Defence Course

*(Tuesday 12<sup>th</sup> January – Tuesday 16<sup>th</sup> February 2010)*

As part of the "Ladies Night" activities offered at Scotstoun Leisure Centre (Glasgow), **McCann Sport & Exercise Services** are running a new 6-week basic self defence course. Each session lasts for 2 hours (7.00 p.m. – 9.00 p.m.).

Over the 6 weeks of the course, we will look at "***what is self defence?***" and "***why is a knowledge of self defence important?***". You will have the opportunity to learn and practice a number of realistic and effective self defence strategies and techniques; both physical and non-physical. Each session will include a combination of theoretical, practical and physical activities. Relevant handouts will be provided.

**The course fee is £40 (payable in advance).**

A limited number of places are available - Interested?

For more information and to book your place on the course please contact Graham by email ([graham@sportandexercise.co.uk](mailto:graham@sportandexercise.co.uk)) or phone (07885 954 223).

[www.sportandexercise.co.uk](http://www.sportandexercise.co.uk)

