

AMBROSE RECREATION & PARK DISTRICT & Senior Outreach Services



CANE-DO



FREE WEEKLY Self Defense and Exercise Classes for seniors.
Classes sponsored by a grant from Kaiser Permanente.

Date: Weekly classes starting Thursday, August 5, 2010 at Ambrose Recreation Center located at 3105 Willow Pass Rd, Bay Point, CA

Time: 10:45-11:45 AM every Thursday

Contact: Ambrose Recreation & Park District
(925) 458-1601 for more information

Self Defense and Exercise using your cane!

This is a specialized senior self-defense training class that incorporates the use of a cane. The class will consist of a 15-minute lecture and warm up, followed by 45-minutes of training where you will learn proper techniques that will include how to hold, twirl, strike, poke, jab and block, all while exercising with your cane and exercise bands. Bring your own cane and exercise rubber band.

Instructor: Master Jose Isidro