



Summer Self-Defense Workshops

VVC

With Tina Wilson

The VVC proudly presents **Summer Self-Defense Workshops**. Focusing on situational awareness and basic self-defense techniques, these workshops will empower girls with the knowledge of how to protect themselves in a dangerous situation, and the awareness to recognize and assess such a situation.

With subjects appropriate to the age group for the session and small class sizes (15 students per class), these workshops will cover topics ranging from eye-witness memory retention and basic self-defense techniques, to dangers on the internet, sources for assistance, and breaking free of abusive relationships.

Who: Middle School and High School Girls

Dates: July 6 – 8

July 13 – 15

August 17 - 19

August 24 – 26

Times: 3:00 – 6:00PM – Rising 7th, 8th, and 9th graders

7:00 – 10:00PM – Rising 10th, 11th, and 12th graders

Where: Virginia Volleyball Center

Cost: \$100

Instructor Tina Wilson comes to the VVC with years of experience in federal law enforcement as a Special Agent with the US Secret Service, Federal Air Marshall, and US Customs. Ms. Wilson now mentors and instructs young women in the Northern Virginia area. The VVC is excited to bring Ms. Wilson's knowledge and practical techniques to the girls of the NVVA community.

Questions? Contact Elisabeth Moore at vcmgr2@nvva.com

Register today at www.nvva.com under Summer Self-Defense Workshops.

Virginia Volleyball Center (VVC) 45685 Oakbrook Ct., Suite 140, Sterling, VA 20166 - www.nvva.com