



Eastern York Recreation Authority

For more information & registration, visit www.easternyorkrec.com

Eastern York Recreation Authority Upcoming Programs

S.A.F.E. by Point Blank Defense

Two sessions available: January 29 or February 26, 2025

6pm – 8pm

Lower Windsor Township Training Room

For Ages 12+

Fees: \$55 - \$65

The first step to personal safety is developing awareness. S.A.F.E. stands for Scan, Assess, Flight, Engage. This 2-hour power packed course is to prepare teens, college students and adults of all ages for real life scenarios. Learn skills needed to avoid becoming a victim including basic self-defense techniques and the use of self-defense devices.