

THE  
**FIELD HOUSE**  
**SPORTS & FITNESS CENTER**  
AT HINKSTON PARK



**S.C.O.R.E – Self-Defense Fitness #10203306**

**Age 14+**

S.C.O.R.E. training combines self-defense and fitness training in one class! You will work at a high level of fitness while instilling practical and proven self-defense concepts. S.C.O.R.E. stands for Survive, Counter, Offensive Response and Escape – and will be taught by Dwight Davis, a police sergeant and ISSA personal trainer who has studied martial arts for more than 25 years and taught police tactics and self-defense for over 15 years.

This self-defense fitness class addresses current real-world violence while incorporating an intense workout. If you want to get in shape and improve your personal safety - then S.C.O.R.E. self-defense fitness is for you.

**EXCITING  
& PRACTICAL  
FITNESS  
CLASS**

**Starts this Fall at  
the Field House  
Sports & Fitness  
Center**

**Questions?**

**Please Call Sam Stevens**

**Phone: 847-782-3621**

**E-mail: [ssstevens@waukeganparks.org](mailto:ssstevens@waukeganparks.org)**

**FH FR 01/08-02/19 5:45-6:45P \$51/\$56 -2A**