

Wen-Do Women's Self Defence Course Schedule (updated February 2nd, 2012)

Please note: If you would like to reach a Wen-Do instructor in order to set up a course or workshop for your organization, please do NOT contact the people listed below who are handling registration for existing courses. Instead, please contact Wen-Do Women's Self Defence at **416-929-3636** or info@wendo.ca . Thank you!

SHORT WEN-DO WORKSHOPS

The following information applies to all the short workshops listed below:

Location: U of T Athletic Centre, 55 Harbord St (at Spadina)

Minimum age: 18 years old

To register: You may register in person at the Athletic Centre (please call 416-978-3436 for their hours and directions). Or, you may register via the Athletic Centre website, <https://recreg.utoronto.ca/RecReg>. Select Register for Programs, then Downtown-Registered Programs, then Sport & Martial Arts, then Self Defense Workshops for Women.

For more information about the workshops, or to speak with the instructor: Please call Denise at 416-854-0133.

These workshops are wheelchair-accessible.

Sponsored by the University of Toronto Community Safety Office.

2-hour workshop

Date: Sunday, March 4, 2012

Time: 3:10-5:00pm

Fee: \$16 for U of T students and Athletic Centre members, \$26 for non-members. Subsidized by the U of T Community Safety Office.

2-hour workshop

Date: Sunday, March 25, 2012

Time: 3:10-5:00pm

Fee: \$16 for U of T students and Athletic Centre members, \$26 for non-members. Subsidized by the U of T Community Safety Office.

BASIC WEN-DO COURSES

2-day Basic Wen-Do Course in New Hamburg, Ontario (Waterloo region)

Dates: 2 Saturdays, February 25 and March 3, 2012

Time: 9:00am-4:30pm

Fee: \$40.00 (includes lunch). Further subsidy may be available. Subsidized by the Wilmot Family Resource Centre. Open to residents of Wellesley and Wilmot Township.

To register, or for more information: Please call Teresa at (519) 662-2731.

Sponsored by the Wilmot Family Resource Centre, with funding from the Ministry of Community and Social Services.

6-week Basic Wen-Do Course for Queer Women - Toronto, Ontario

Dates: 5 Thursdays, March 1 to March 29, 2012, 6:30-9:30pm

Location: Church and Wellesley area, Toronto

Fee: Enquire when registering.

To register: Register at The 519 Front Desk in person or by phone (416-392-6874).

This course is wheelchair-accessible.

Sponsored by the 519 Anti-Violence Program.

6-week Basic Wen-Do Course in Toronto, Ontario**Dates:** 6 Tuesday evenings, March 20 to April 24, 2012**Time:** 6:30-9:00pm**Location:** St Clair W & Christie area. Easy parking and TTC access from St Clair W subway station.**Fee:** \$100**To register, or for more information:** Please call Deb at 416-289-3126 or email her at debchard@sympatico.ca.**This course is wheelchair-accessible.****6-week Basic Wen-Do Course in Toronto, Ontario****Dates:** 6 Wednesday evenings, April 4 to May 9, 2012**Time:** 6:30-9:00pm**Location:** Parliament & The Esplanade area (south of Front St). Spacious roof-top room with lake view.**Fee:** \$100**To register, or for more information:** Please call Deb at 416-289-3126 or email her at debchard@sympatico.ca.**This course is wheelchair-accessible.****2-day Basic Wen-Do Course in Toronto, Ontario****Dates:** 2 Saturdays, April 21 & 28, 2012**Time:** 9:30am-5:00pm**Location:** Parliament & The Esplanade area (south of Front St). Spacious roof-top room with lake view.**Fee:** \$100**To register, or for more information:** Please call Deb at 416-289-3126 or email her at debchard@sympatico.ca.**This course is wheelchair-accessible.****WEN-DO IN OTHER REGIONS**

For information about Wen-Do courses in: **Moosonee**, Ontario, **Lanark County**, Ontario (Ottawa area), and **Sudbury**, Ontario...

please call Deb at 416-289-3126 or email debchard@sympatico.ca.

INTERMEDIATE WEN-DO COURSES IN TORONTO

Saturday Intermediate classes are open to women and girls who have completed a 15-hour Basic course within the last year, or one full-day Wen-Do workshop and 3 weeknight Intermediate classes. Each class costs \$40.00 and payment must be submitted in advance to hold your spot. A sliding scale is available to women who live more than 2 hours outside the GTA.

Our next Saturday Intermediate class is as follows:

Date: Saturday, February 25th, 2012**Time:** 9:30am-4:30pm**Location:** Parliament & Front St**To register, or for more information:** Please call Deb at 416-289-3126 or email debchard@sympatico.ca.**This course is wheelchair-accessible.**