



**City Of Los Angeles Department Of Rec and Parks  
Robert M. Wilkinson Multipurpose Center.**

**8956 Vanalden Ave.  
Northridge Ca, 91324  
(818)756-7741  
Wilkinson.seniorcenter@lacity.org**



# **Friday Self-Defense**



**1/23/2026-3/13/2026**

**TIME 4:30PM-5:30PM**

**8 WEEK SESSION**

**Register Online or in Person**

**Room #4**

**fee \$25**

**OPEN TO ALL  
WOMEN AND MEN**



**wilkinson.seniorcenter**

**Person with disabilities are welcome to participate in our programs accommodations will be made with prior arrangements. please be aware that some accommodations may take 30 days or longer. Please submit your request for an accommodation as soon as possible.**