



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.