

Women's Self Defense Class

Presented by the Mundelein Police Department

This is a class for women ages 18 and up (exceptions will be made for 17 year olds with parental permission) who are interested in learning self-defense tactics.

(waiver release required)

This is a FREE class.

When: This class will be held on Tuesday nights beginning April 20th and ending May 11th.

Where: Mundelein Police Department, 221 N. Lake St.

Time: Class will begin at 6:00pm and end at 8:00pm.

What to Bring: Wear workout clothes or something comfortable. The class requires some physical activity.

Space is limited! Max. 30 participants.

For Registration please contact Jennifer Marshall at
(847) 968-3770

For More Information please contact Officer Rachel Schletz, Officer Katie Smith, or Officer Stephanie Whittaker at
(847) 968-4600

