

Public Announcement

CITY OF BISHOP

Self Defense Class Registration

Thursday, December 9, 2010

The City of Bishop is introducing a new Self Defense Class with Instructor Mike Capstick. The class will teach both Children and Adults Self Defense methods and situational techniques. This class is intended to boost confidence and strength while teaching fundamentals of self defense. Classes will begin the first Friday in January. Cost is \$40 per month with two classes per week. Classes are available for children 6-12 years, and youth 13 thru adult. For more information contact Karey at City Hall, 760-873-5863