



***Preventing violence and promoting healing
by teaching full-force self-defense, personal
safety and empowerment.***

510.208.0474 / www.impactbayarea.org

A 501(c)(3) nonprofit; formerly Bay Area Model Mugging

IMPACT BAY AREA PRIVATE SELF-DEFENSE COURSE FEES

(as of June 1, 2008)

Intro to Full-Force, Padded-Assailant Self-Defense (2-6 hrs / 3-15 participants / women & co-ed)

\$400 per hour (includes a suited instructor and individual physical defense scenarios)

Introduction to Personal/Street Safety (2-3 training hours / 4-20 participants / women & co-ed)

\$200 per hour (pad-work only; no suited instructor)

Teen Class “Kick Like a Girl” Class / Ages 11-17 (10 hours / 8-16 participants / 2 days)

\$2400 (minimum fee for up to 12 participants) 12 x \$200

Add \$200 per additional participant:

\$2600 for 13

\$2800 for 14

\$3000 for 15

\$3200 for 16

Young Adult “On Her Own” Class / Ages 16-22 (21 hours / 8-16 participants / 3, 4 or 5 days)

\$4270 (minimum fee for up to 12 participants) 12 x \$395 – 10% discount (save \$470)

Add \$350 per additional participant:

\$5043 for 13

\$5440 for 14

\$5790 for 15

\$6140 for 16

Women’s BASICS / Ages 16 and up (23+ training hours / 8-16 participants / 3-6 days)

\$5350 (minimum fee for up to 12 participants) 12 x \$495 – 10% discount (save \$590)

Add \$395 per additional participant:

\$5745 for 13

\$6150 for 14

\$6535 for 15

\$6930 for 16

Verbal Boundary Setting Workshop / Ages 14 and up (4 hours / 6-30 participants / women & co-ed)

\$800 (minimum fee for up to 12 participants) 12 x \$75 – 10% discount (save \$100)

Add \$75 per additional participant: \$875 for 13; \$950 for 14; \$1025 for 15; \$1100 for 16

SPACE PROVIDED BY HOST or USE OUR TRAINING CENTER IN WEST OAKLAND

Space Requirements: 30 x 30 square feet min. of unobstructed training space for our mats; tall ceilings 8ft+; public restrooms; changing room; privacy from general public.

If private class is a non-profit org or school we can scholarship up to 50% of one class or 25% of multiple classes:
(please request a nonprofit/school scholarship application from the office)

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