



## **Ballston Crossfit**

**1110 N. Glebe Rd. Arlington VA.**

- **4 blocks from the Ballston Metro.**
- **2 blocks from the Route 66 exits to Ballston (either Glebe Rd. westbound or Fairfax Dr. eastbound).**
- **Huge parking garage (pay parking, not validated) under the gym.**
- **Plenty of street parking within 2-3 blocks of BCF. There is parking on N. Vernon St. and Vermont Street on the other side of Glebe Rd. as well as parking available on N. Vernon St and 13th Street (these spaces are not zoned and open parking).**
- **Enter the building 5 minutes before your session so we can collect waivers and start on time.**
- **Please do not to disrupt the Crossfit classes in session as you enter.**

### **Need to know information for ALL self defense seminars and classes**

- Please arrive on time. Do not enter significantly early since another group may have the facility reserved prior to our session
- NO flip flops, jewelry, high heels, weapons/sharp objects on you during training.
- Wear athletic clothes and sneakers.
- Bring a water bottle/electrolyte drink. Stay hydrated!!!
- All classes include a physical, athletic component- doing drills with a partner, striking pads and holding pads for a partner, and sometimes getting up and down off of the ground multiple times. There is a baseline level of fitness necessary to participate in our physical drills. If you are unable to do any of the drills or have any injuries/things you cannot do, please let the instructor AND your training partner know. Our goal is improving your safety, but we also want to safely push everyone's comfort zone. If you have serious mobility issues, consider taking the class as an observer. You will still learn a TON of useful information and insight from our lecture and concepts.
- Unless otherwise stated, all classes are intended for ages 16+ If registering someone under 16, there must be an adult registered that will participate with the minor or group of minors. Email [evan@novaselfdefense.com](mailto:evan@novaselfdefense.com) for other inquiries.
- **Print and fill out waiver (see file at bottom of page) bring it with you to the session.**
- **Use specific instructions for: parking, entering building, etc. provided above.**
- **Any questions, email, call or text Evan 919-302-0440**
- **Event day questions- text Malcolm: 617-529-4462**

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**NOVA Self Defense, LLC**

*"Empowerment Through Realistic Training"*

Email: [training@novaselfdefense.com](mailto:training@novaselfdefense.com)  
Phone: 919-302-0440

Website: [www.novaselfdefense.com](http://www.novaselfdefense.com)

## **Cancellation and no-show policy for ALL sessions:**

- No refunds or future course credit for no-shows or event-day cancellations. If you cannot make it to your event, your spot will still be held. You can gift it to a friend or family member to take in your place.
- Cancellations: 72 hour prior notice must be given for full refund.
- Cancellation for any reason with less than 72 hours (excluding same day cancellation) will result in a 50% refund. We have to enforce this since we rent our facilities in advance and have limited capacity in our classes.
- Rescheduling to a different course within 72 hours prior to the first session is a 50% charge.
- Please understand that **we cannot accommodate rescheduling a missed a session in a multi-session course.** If you miss a session and would like to make up the content, please consider taking a private lesson to catch up on the missed material or re-taking the entire course. Same cancellation policy for individuals paying cash on-site, enforceable upon future registration.

## **Event cancellation/postponement due to extreme weather or other circumstances**

- Check the upcoming training page for any urgent changes the day of your event.
- The class is a GO, unless posted in bold to the top of the upcoming training page.
- If cancellation occurs I will attempt to email you based on your Paypal email account. Depending on the circumstances our options could be to reschedule, move everyone into a future session, or provide refunds.