



MAAC Private and Corporate Classes

Active Shooter Preparedness Course

Designed to provide practical insights and strategies to help you respond effectively in emergency situations.

Frontline De-Escalation Training

Designed for anyone who works directly with people, whether that's face-to-face or over the phone. From customer service teams and healthcare staff to retail associates and public-facing professionals, this course equips you with the tools to confidently navigate even the most challenging interactions.

Fight Like a Girl Women's Self-Defense (Advanced version available)

This class teaches important components like Situational Awareness Defensive Stances Stages of Response Self-Defense Techniques and Scenario-Based Applications that help women stay safe and defend themselves.

Fire Extinguisher Training

This class teaches attendees to effectively use this lifesaving device and be prepared for emergencies through hands-on exercises.

HeartSaver CPR + AED (First aid add-on available) **Additional cost for certification*

The American Heart Association Heartsaver CPR AED course is designed for anyone with little or no medical training who want to be prepared in the event of an emergency.

Home Safety

This comprehensive class covers Castle Doctrine and self-defense laws, key legal definitions, and important legal considerations for homeowners. Learn how to create a personal safety plan, evaluate security systems, strengthen entry points, and choose appropriate safety equipment.

Kids Self-Defense

This class will give instruction on situational awareness and teach skills to help children to defend themselves. It will teach components like Situational Awareness Defensive Stances Stages of Response Self-Defense Techniques and Scenario-Based Applications.

Self-Defense (Advanced version available)

This class teaches important components like Situational Awareness Defensive Stances Stages of Response Self-Defense Techniques and Scenario-Based Applications that help anyone stay safe and defend themselves.

Stop the Bleed

This class is intended to encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. It covers tourniquets, hemostatic gauze, wound packing and more.

VirTra De-Escalation and Gun Safety

Attendees will train using our VirTra 300-degree simulator, with scenarios that provide an in-depth look into adaptive decision-making and de-escalation tactics. Attendees will also learn firearm safety basics.