

Self Defense Courses Available!

Rape Aggression Defense (RAD)

Classes for Women ages 13 and up



Develop the strength, mental focus,
and physical skills to help you
survive a criminal attack.



The Coral Springs Police Department is now offering
advanced self defense classes for women ages 13 and older.

The Rape Aggression Defense (RAD) System is a national program that teaches women empowering skills to avoid becoming a target and to fend off an attacker. Through repetition and practice, this course promotes muscle memory, and helps women to train in a realistic environment so they learn to survive a struggle. The RAD System is taught in four consecutive classes, which will be held over the course of one month on a week night. Each class is three hours, and the final class includes a physically active, hands-on scenario and graduation ceremony. While the course will be physically involved, no prior self defense training is necessary. Women must register in advance, and be able to attend each of the four sessions. A release form must also be filled out and submitted prior to taking the first class.

To download the course forms, visit CoralSprings.org/police/rad.cfm.

Class sessions are held **Tuesdays** from 5:30 to 8:30 p.m. unless noted otherwise
Call 954-346-1227 or email jl@coralsprings.org for more details and locations.

Beginning January 2012, there will be a \$25.00 fee per person. After completing all 4 classes, payment will be refunded. Otherwise payment will be withheld. Checks must be received prior to the 1st class.

Make checks payable to: City of Coral Springs

Address:

Coral Springs Police Department
2801 Coral Springs Drive
Coral Springs, Florida 33065
ATTN: Joanne Lavoro/RAD Coordinator
Training Unit

2012 Dates:

January 10, 17, 24, 31

March 20, 27, April 3, 10

May 29, June 5, 12, 19

August 7, 14, 21, 28

October 16, 23, 30, November 6

Space is limited to 20 participants per course!

To register call,

954-346-1227



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CORAL SPRINGS

City of Coral Springs Police Department
CoralSprings.org • 954-344-1800