

Women's Self Defense 2018

Classes for Women ages 13 and up

FREE, 4-week Rape Aggression Defense Class (R.A.D.)

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. **Space is limited to 20 participants per course!**
To download the course forms, visit CoralSprings.org/rad



2018 Dates:

Tuesday 6 to 9 p.m.

Session 1 • January 9, 16, 23, 30

Session 2 • February 27, March 6, 13, 20

Session 3 • May 1, 8, 15, 22

Session 4 • August 14, 21, 28, September 4

Session 5 • October 9, 16, 23, 30

Group safety presentations available upon request

Classes held at Coral Springs Police Department

There is 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: Ashley Kozlowski/RAD coordinator



City of Coral Springs Police Department
954-346-1227 • pdaca@coralsprings.org
CoralSprings.org/police


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