



Women's Self Defense Class

The Ashland Police Department is offering a 6-week self-defense class for women beginning Wednesday 1/6/10.

When: 6 classes
Wednesdays
6:30-8:00 p.m.

Where: Ashland Police Youth Boxing club
200 Homer Ave. down alley to the left of Gold's Gym

FAQ'S

1. Do you need any prior experience to attend this class? Do I need to be in top physical shape to participate?

No. This program is designed for the average woman with no previous experience or background in physical skills training

2. What is the cost of a basic program?

The cost for the Basic Physical Defense program for women is \$50 with only one fee per household. The fee includes a manual and a lifetime of free RAD refresher classes. Some instructors offer this program as a community service through the local police dept.

4. How many women have taken this program?

To date, over 250,000 women have attended RAD Basic Physical Defense Program.

5. Can I bring my younger daughter with me?

Yes. It is very common for mothers and daughters age 14 and up to attend this program together. In addition to developing and enhancing their options of self-defense, it seems to be a great bonding experience for them. There is only one fee per household.

Each participant must register prior to the first class.

Space is limited and classes fill fast.

If you would like to register or find out more information please contact Officer David Muri at 508-881-1212 ext 19 or email dmuri@ashlandpd.org.