

Rape Aggression Defense (R.A.D.)

Self-Defense for Women

The classes are free and open to the public. (Ages 14 and up.) For women only.
We will need a parent's consent if you are under 18 years of age.
Consent forms will be provided on the first day of class.

The Palomar College Police Department offers a nationally recognized self-defense program: the Rape Aggression Defense System. RAD is a 12-hour training course designed to maximize the physical defensive abilities of women.

BASIC R.A.D. Classes

with Officer Monika Forest and Elaine Armstrong

THREE CONSECUTIVE MEETINGS

APRIL 11, 12, & 13, 2018

Attendance on the first day is required for admittance into the following days.

All three sessions meet from **4:00 PM – 7:00 PM**

Palomar College

1140 West Mission Road, San Marcos, CA 92069

Room: G-8 (a room attached to the Dome)

Please check your schedule and plan to attend all 3 sessions. You will be given a free manual on the last day of class upon the completion of all 3 classes.

Registration: The number of participants in these classes is limited and registration will be on a first-come, first-served basis. Please sign-up early to ensure a place in the class. Officer Monika Forest will accept walk-ins if space is available.

Email Officer Monika Forest to register for this Basic RAD class at mforest@palomar.edu or call (760) 744-1150 x2289

Please go to the Palomar College Police Department website for more information about the RAD classes, parking instructions and other information you will need to know before the first day of class.

<https://www2.palomar.edu/pages/police/rape-aggression-defense-classes-r-a-d/>