
Remembering three simple rules could save you in an attack.

Rule #1: React immediately

Rule #2: Resist

Rule #3: Crime scene two is **ALWAYS** worse than crime scene one

Your goal for this class is:

Reduce victimization through informed decision making and sensible action.



Westerville Division of Police
29 S. State St.
Westerville, Ohio 43081
Phone (614) 901-6450
Fax (614) 901-6453
www.westerville.org

SELF DEFENSE FOR WOMEN

*Westerville Division
of Police*

29 State St.
Westerville, Ohio 43081
614-901-6860

SELF DEFENSE FOR WOMEN

The Westerville Division of Police recognizes the need to educate women in an effort to reduce their risk of becoming victims of violence or sexual assault. The Division's self defense instructors, developed a course designed to teach adult women, young and old, physical or not, simple, effective defensive skills.

Class size is limited. If you are interested in participating, complete the attached form and mail to our Division. An informational packet will be mailed to you approximately two weeks prior to your scheduled class.

A waiting list will be maintained for available openings. If registration has been filled for your choice class, and you would like to be put on the waiting list for the next available opening, please note this on your registration form.

Juveniles are limited to age 14 years of age or older and must attend class with their parent.

Classes are held at:

Community Center
350 N. Cleveland Ave.
Westerville, OH 43081

8:00 to 1:00 (*bring sack lunch if needed*)

Class Limit: 20 Participants



2013 Class Schedule

Feb. 9th: *Community Center*

April 13th: *Community Center*

June 15th: *Community Center*

July 13th: *Community Center*

August 3rd: *Community Center*

October 5th: *Community Center*

Self Defense for Women

Mail to:

Westerville Division of Police
Attn: Community Services
29 S. State St.
Westerville, Ohio 43081

Name _____

Address _____

City _____ Zip _____

Telephone _____

Age _____

Please check your 2013 class choice:

Feb. 9 _____ April 13 _____

June 15 _____ July 13 _____

Aug. 3 _____ Oct. 5 _____

(and/or)

Next available opening _____

Because of the high demand of this class, there is a \$25.00 refundable deposit (**one check per person**) to hold your spot, which will be returned to you on the second night of class. If you cancel prior to 48 hours of the scheduled class time, your check will be returned to you. If you cancel within 48 hours of the class, your deposit will be donated to support other programs within the police division. Please sign below to show you are in agreement with these conditions. **Make checks payable to WCPAAA.**

