
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

The goal of this class is to:

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



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 it 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 class choice, 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 14 years of age or older and must attend class with their parent.

Classes are held at:

The Westerville Community Center

350 N. Cleveland Ave.
Westerville, OH 43081

8:00a to 1:00p

Class Limit: 20 Participants



2015 Class Schedule

Feb. 7: Community Center

April 11: Community Center

June 13: Community Center

August 8: Community Center

October 10: 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 2015 class choice:

Feb. 7 _____ April 11 _____

June 13 _____

Aug. 15 _____ Oct. 10 _____

(and/or)

Next available opening _____

Due to high demand for the class, there is a \$25.00 refundable deposit (**one check per person**) to hold your spot, which will be returned to you on the day of the class. If you cancel 48 hours before the scheduled class, 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 Westerville Division of Police. Please sign below to show you are in agreement with these conditions. **Make checks payable to WCPAAA.**

