



City of Lima, Ohio

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Lima Police Department RAD Women's Basic Self Defense Course

The **Lima Police Department** in its progressive continuous effort to serve our community is offering the **RAD (Rape Aggression Defense) Women's Basic Self - Defense Education Course**, which is the parent program of our popular radKIDS Child Safety Education Program. RAD Women's is a women-only course that begins with awareness, prevention, risk reduction, and risk avoidance, while progressing on to the basics of hands-on self-defense training, specially customized for women. RAD Women's is for any woman 13 years of age or older.

The RAD Women's Self-Defense Course to complete the training will span over 5 Saturdays from 11:30 am – 2:30 pm, for a total of 15 hours. The training location will be given at the time of registration. There will be four complete course chance offerings starting in September 2011 through April of 2012. The following are the training dates of the four upcoming RAD Women's course offerings:

Session # 5: Sept. 10, Sept. 17, Sept. 24, Oct. 1, and Oct. 8, 2011.

Session # 6: Oct. 29, Nov. 5, Nov. 12, Nov. 19, and Dec. 3, 2011

Session # 7: Jan. 7, Jan. 14, Jan. 21, Jan. 28, and Feb. 4, 2012.

Session # 8: We're sorry, but we won't be able to take registrations for this session until **Monday October 3, 2011**, due to anticipated changes starting with this session. The following are the training dates for **Session # 8:** March 10, March 17, March 24, March 31, and April 14, 2012.

There will be no cost for Sessions # 5-7; however a \$15 donation to the City of Lima Safety Services Fund will be accepted if one wishes to do so. To register for **Sessions 5-7 (Session 8:** registration starts October 3, 2011), see the contact information below. The course will be instructed by the husband/wife team of Lima Police Officer Dave Vastano, and his wife Deb Vastano, who are both certified RAD Women's Self-Defense Instructors. Dave and Deb who have been married for over 36 years, conducts a comfortable and trusted training atmosphere for any woman, no matter skill level or age.

To register for one of the upcoming RAD Women's Basic Self-Defense Course sessions, contact Officer Dave Vastano preferably by e-mail at the following: david.vastano@cityhall.lima.oh.us If unable to register by e-mail, you can contact by phone at: 419-221-5269.

If you are a workplace or educational institution and are interested in a small group training session for employees/students of around 10-15, you can contact Lima Police Officer Sean Neidemire at the following: sean.neidemire@cityhall.lima.oh.us

