



# WOMEN'S SELF DEFENSE

## 2019

- 12 hour course offered in 2 & 3 hour sessions.
- Training includes awareness, prevention, risk reduction, avoidance and hands-on self defense.
- Courses are taught by certified R.A.D. instructors.

**Fee: \$20, Free with RCC ID. Open to the Public.**

**BASIC CLASS:** 4:30pm-7:30pm • Fieldhouse, Room 5211  
**May 7, 14, 21, & 28 (Tuesday)**

**ADVANCED CLASS:** 4pm-7pm • Fieldhouse, Room 5211  
**June 4 (Tuesday)**

*Attendance at all sessions required*

*Refreshments will be served • Female identified welcome*

**FOR MORE INFORMATION CONTACT THE R.A.D. INSTRUCTORS:**

Officer Avigail Serwatin • aserwati@sunyrockland.edu • 845-574-4217  
 Sgt. Carl Jenkins • cjenkins@sunyrockland.edu • 845-574-4217



Coordinated by **CASARV**  
The Committee Against Sexual Assault  
and Relationship Violence

**WOMEN'S SELF DEFENSE**

Submit this form with your payment to:  
Rockland Community College, Public Safety, 145 College Road Suffern NY 10901  
Make check payable to: Public Safety

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Are you an RCC student or employee:  Yes, no fee  No, please include the \$20 fee