



# West Springfield Park & Recreation Department



## is offering a..... Self-Defense R.A.D Rape Aggression Defense

The Park & Recreation and the Police Department is pleased to offer women ages 13+, an introduction to basic self-defense skills, escape and avoidance strategies, offensive and defensive postures, defensive techniques and simulated attacks. The course includes an exploration of violence prevention and victim abuse community service in accordance with the national . This course will be held at the West Springfield Town Hall Auditorium (located on the 2nd Floor) 26 Central Street in West Springfield. Participants are to bring a water bottle, snack, sneakers & comfortable clothing. Course Instructor is Police Sergeant Robert Wise. (It is recommended that women under the age of 16 are signed up with an adult.)

**You MUST participate in ALL classes in a session to receive the benefit.**

**This course will fill fast. Don't delay!**

<b><u>Activity Code:</u></b>	<b><u>Time:</u></b>	<b><u>Dates:</u></b>	<b><u>Location:</u></b>	<b><u>Fee:</u></b>
136000-1	9:00am-1:00pm	March 22, 29, April 5 (Saturdays)	WS Town Hall Auditorium	(R=W.S. Resident/NR=Non-Resident) <b>\$10R/\$15NR</b>

West Springfield Park & Recreation Department, 26 Central Street - Suite 19, West Springfield, MA 01089  
FMI: (413) 263-3284

Checks or Money Orders made payable to: Town of West Springfield

### West Springfield Park & Recreation Registration Form

Household Name \_\_\_\_\_ Primary Phone #: \_\_\_\_\_  
(parent/guardian if participant is under 18 or under legal guardianship)

Street Address \_\_\_\_\_ Secondary Phone #: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Is this a change in address? \_\_\_ Yes \_\_\_ No

E-mail Address: \_\_\_\_\_

## Birth Certificate required for new participants under 18 years of age!

Activity Code	Last Name (Participant's)	First Name (Participant's)	Address/City	D.O.B.	Fee

**Please read and sign:**

I am aware that participation in any recreational activity may involve the risk of injury. I have reviewed the activities required to participate in this program as set forth above, and I am able to perform these activities. I realize that the submission of any false or knowingly misleading statement made in completing this form by the participant or by his or her parent or guardian, will be grounds for the removal of the participant from the program and the forfeiture of any fee paid. Recognizing that there is a risk of injury in my participation in this program. I hereby release, and discharge, and agree to indemnify and hold harmless, the Town of West Springfield, it's employees, contractor instructors, and volunteers from any and all liabilities and cause of action that I or my child may have arising out of participation in this program.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**TURN OVER FOR OTHER WAYS TO REGISTER**

Total Enclosed \_\_\_\_\_

\_\_\_\_\_ Cash (do not mail cash)  
\_\_\_\_\_ Check/Money Order

Make checks payable to:  
**Town of West Springfield**

Mail to:  
West Springfield Park &  
Recreation Department  
26 Central Street - Suite 19  
West Springfield, MA 01089

# Ways to Register:

## Online:

Online registration is the fastest way to register for the programs. We recommend using this option to ensure your spot, as registrations are processed first come, first served.

- [Click here](#) to reach our Online Registration Site
- Log in with your credentials. Contact the Park & Recreation Office ([parkandrec@tows.org](mailto:parkandrec@tows.org)) in order to verify your username and password or to get help setting up an account.
- Choose "**R.A.D. SELF-DEFENSE**", add to cart, and check out.
- Continue to the payment screen. This will allow you to use a credit/debit card to pay for your programs.
- Check your email! Approximately 1 week prior to the start of the program, an informational newsletter will be emailed to you.

## In-Person:

Another option for registration is bringing your paperwork and payment (cash/check) into the Town Hall. Check in at the Information Desk in the Town Hall lobby Monday-Friday between the hours of 8:00AM to 4:30PM. A staff member will assist you. Please note that registrations are processed on a first come, first served basis.

- Complete a **R.A.D. SELF-DEFENSE** Registration Form
- Make checks payable to "Town of West Springfield"
- Check your email! Approximately 1 week prior to the start of the program, an informational newsletter will be emailed to you.

## Drop Box:

Using the White Drop Box located on the median outside of the Municipal Office Building is the next best option for Registration. Please note that registrations are processed on a first come, first served basis.

- Complete a **R.A.D. SELF-DEFENSE** Registration Form
- Make checks payable to "Town of West Springfield"
- Write "Park and Recreation Department" on the front of a blank envelope
- Place in the White Drop Box located outside of the Municipal Office Building at 26 Central St.
- Check your email! The Park & Recreation Office will email you your registration confirmation.
- Approximately 1 week prior to the start of the program, an informational newsletter will be emailed to you.

## Mail-In/Walk-In:

Mail-in/Walk-In is the final option on how to register. Please note that registrations are processed on a first come, first served basis.

- Complete a **R.A.D. SELF-DEFENSE** Registration Form
- Make checks payable to "Town of West Springfield"
- Mail to or Visit us at:  
**West Springfield Park & Recreation Department**  
**26 Central Street - Suite 19**  
**West Springfield, MA 01089**
- Check your email! The Park & Recreation Office will email you your registration confirmation.
- Approximately 1 week prior to the start of the program, an informational newsletter will be emailed to you.

