

R.A.D. commonly asked questions

What is R.A.D.

Mission Statement

“The mission of the R.A.D. Systems is to establish an accessible, constantly improving and internationally respected alliance of dedicated Instructors. These Instructors in turn, will provide educational opportunities for women, children, men and seniors to create a safer future for themselves. In doing this, we challenge society to evolve into an existence where violence is not an acceptable part of daily life.”

Who is eligible to take R.A.D.?

R.A.D. is open to ALL women of NHRMC and their female dependents (ages 12 and up)

How much does R.A.D. cost?

\$60 for the 6 weeks – paid in full by badge or credit on start date.

How long is the R.A.D program?

6 weeks for 1 ½ hours

What does the program consist of?

The R.A.D. program consist of self-defense models used to allow women to defend themselves in multiple scenarios and gives them the tools necessary to evaluate situations and protect themselves.

The program consist of a series of lectures on how to inform you to make your life safer

What should I wear to a R.A.D. class?

Please wear comfortable/loose fitting clothing (work-out clothes) and **athletic shoes** to class. (No open toed footwear.)

How often do we meet?

Once a week for 1 ½ hours

Where is the class held?

NHRMC Jack Barto Employee Fitness Center Group Fitness Room 2

What day/time is the class held?

November 7th at 6 pm is the start date and will meet for 6 consecutive Thursdays at 6pm (no class on Thanksgiving).

What if I miss a session?

You will need to contact the R.A.D. Instructors for a valid reason of absence, if you know in advance you will miss a Thursday you will be encouraged to try to make the Saturday class the Saturday before the Thursday you will miss or you will need to take a private class with one of the instructors to make up a specific day that you missed. This will need to be made up before the next Saturday. This private class will be the cost of a one hour session with the trainer be (\$35).

Do I have to participate in all activates in the program?

All physical participation is optional