

Sheriff's Office Announces Summer Self Defense Classes for Women

Monday, 02 July 2012 21:55 - Last Updated Monday, 02 July 2012 22:10

The Sheriff's Office has announced its schedule for self-defense classes for women this summer. Each class is the same and is limited to the first 15 participants per class. Children between the ages of 16 and 18 must be accompanied by a parent or Guardian. We are sorry to say that we cannot accommodate children younger than 16, due to the mature content of the course.

Course dates and times are as follows:

July 14: 9 a.m to 4 p.m. (break for lunch at noon)

July 28: 9 a.m. to 4 p.m. (break for lunch at noon)

August 4: 9 a.m. to 4 p.m. (break for lunch at noon)

Each participant must fill out an application and waiver form which can be obtained on line under the "Your Personal Safety" section of the Sheriff's Office web site at www.co.columbia.or.us/sheriff. Applications can also be picked up at the Sheriff's Office. Parents must sign the Minor Application and be present in the class in order for their minor child (age 16-18) to participate.

You must either bring the application to the Sheriff's Office or mail it to **Columbia County Sheriff, 901 Port Avenue, St. Helens, OR 97051.**

Mark on the application your preferences for the class dates (1st, 2nd, 3rd choices) and submit as soon as possible. The Sheriff's Office will advise you if your first choice is full and give you an option for second or third choice while openings still exist.

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"We are excited to once again make this popular class available," said Sheriff Jeff Dickerson. Call the Sheriff's office at **(503) 366-4611** with any questions about the class. Those interested in the class can also leave any questions on our citizen call-in line 24 hours a day at (503) 366-4698.