



# Douglas County Sheriff's Office Civilian Self Defense Class

Self-defense classes are being offered to Douglas County Residents by  
The Douglas County Sheriff's Office

Classes will be held at the Douglas County Sheriff's Office, located at  
8470 Earl D Lee Blvd, Douglasville, GA 30134

Classes will be held from 6:30pm – 8:30pm.  
**You will be notified of your class date approximately 2 weeks in advance.**

The class includes instruction and discussion covering mindset and scenarios  
that are commonly used to defend one's self against a violent attack.

The first part of the class covers awareness and vulnerable situations, this is conducted  
in a classroom setting using overhead projectors and power points media tools.

The next section of the class is covered in the gymnasium area where the students will  
practice basic movements of self-defense.



**Activity level is at a Low to Moderate Pace with minimal  
exertion.**

**Students must be at least 18 years of age (under 18 accompanied by a parent)  
and will be required to sign a Waiver of Liability.**

Any questions contact:  
Lt. Susan Sweat  
[ssweat@sheriff.douglas.ga.us](mailto:ssweat@sheriff.douglas.ga.us)

# Douglas County Sheriff's Office

## Civilian Self Defense Class

(Please Print Clearly)

Name: \_\_\_\_\_  
Last First

Address: \_\_\_\_\_  
Street  
\_\_\_\_\_  
City State Zip Code

Telephone: ( ) \_\_\_\_\_ - \_\_\_\_\_

Email Address: \_\_\_\_\_  
(If email address is provided you will be notified of class date by email)

Date of Birth: \_\_\_\_\_ ☐ Female ☐ Male

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

The application may be returned by mail  
Douglas County Sheriff's Office  
SCOPE Division  
8470 Earl D Lee Blvd  
Douglasville, GA 30134

Or fax to  
770-920-3912  
Cover sheet not required.

[www.sheriff.douglas.ga.us](http://www.sheriff.douglas.ga.us)