

THE CITY OF SUMMIT

N E W J E R S E Y

CITY HALL 512 SPRINGFIELD AVENUE SUMMIT, NJ 07901

News Release

Summit Mayor: Nora Radest (908) 273-6400

City Administrator: Michael F. Rogers (908) 522-3600

Police Chief: Steven Zagorski (908) 273-0051

Media Contact: Amy Cairns (732) 713-8964

Summit Police Department to Offer Self-Defense Class for Women on June 28

SUMMIT, NJ, May 22, 2023 – The Summit Police Department is offering a self-defense class for women ages 16 to 60. The class will be taught by Summit Police Department officers and held on Wednesday, June 28, from 6PM to 8PM in the Lawton C. Johnson Summit Middle School gymnasium.

The self-defense class will provide valuable information for women on how to stay safe and protect themselves in dangerous situations. Participants will learn practical self-defense techniques that can be used in real-life scenarios. The class is designed for women of all fitness levels.

"We believe that it is important for women to have the skills and knowledge to protect themselves," said Chief Steven Zagorski. "This self-defense class is an opportunity to learn practical techniques that could potentially save lives."

To sign up for the self-defense class, visit summitcommunityprograms.com. There is no cost for the program, but space is limited. Participants are encouraged to wear comfortable clothing and bring a water bottle.

QR code for class registration



For more information, please contact the Summit Police Department at (908) 273-0051 or visit the City of Summit [website](#).

###