

# THE CITY OF SUMMIT

N E W J E R S E Y

CITY HALL 512 SPRINGFIELD AVENUE SUMMIT, NJ 07901

## News Release

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### **Summit Police Department to Offer Additional Self-Defense Classes in 2023**

SUMMIT, NJ, July 27, 2023 – The Summit Police Department is offering three additional self-defense classes in 2023 for women ages 16 to 60. The classes will be held on Tuesday, August 8; Wednesday, August 9; and Wednesday, November 15; from 6PM to 8PM in the Lawton C. Johnson Summit Middle School gymnasium, located at 272 Morris Avenue. The classes will be taught by Summit Police Department officers.

The self-defense classes 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 classes are designed for women of all fitness levels.

"We were thrilled with the turnout at the self-defense class we held in June and are pleased to be able to host these additional events in the fall," said Chief Steven Zagorski. "These classes are opportunities for women to learn practical techniques and skills they can use to protect themselves."

To sign up for a class, visit [summitcommunityprograms.com](http://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 codes for class registration



August 8



August 9



November 15

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

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