

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 Young Women's Self-Defense Class on October 12

SUMMIT, NJ, September 22, 2023 – The Summit Police Department is offering a self-defense class for girls ages 11 to 15 on Thursday, October 12, from 6PM to 8PM. The class will be taught by Summit Police Department officers and held in the Lawton C. Johnson Summit Middle School gymnasium, located at 272 Morris Avenue.

The self-defense class will provide valuable information for girls 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 all fitness levels.

"We continue to be encouraged by the interest from the community in these self-defense classes," says Summit Police Chief Steven Zagorski. "The department has received numerous requests for additional sessions for all age groups, and we hope young women will find this class useful. Our goal is to provide them with practical techniques and skills they can use to protect themselves for years to come."

To sign up for the class, visit summitcommunityprograms.com or scan the QR code below. There is no cost for the program, but space is limited. Participants are encouraged to wear comfortable clothing and bring a water bottle. Parents and guardians may accompany their child and watch the class but cannot participate. Only class participants should complete the online registration form.

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

###

To register for the class, scan the QR code:



October 12 class