



Summit Police Department



Presents

FIGHT BACK *Women's Self Defense Class*



This free interactive empowerment class covers a variety of useful and powerful techniques, in addition to increasing your situational awareness skills.

Tuesday, October 29th

3:00 – 5:00 pm

Lawton C. Johnson Middle School

6th, 7th, and 8th Grade Girls Only – All Ability Levels
Wear comfortable workout attire for hands on training

No Waiver – No Entrance

Please send waiver to admin@spdnj.org

Deadline for registration is October 24, 2019