



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

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3:00 - 5:00 pm
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*Please return bottom portion to Summit Police Department at: admin@spdnj.org
(Registration is Mandatory - No Electronic Signatures)*

NAME _____

ADDRESS _____

EMAIL _____

PHONE (H) _____ *(C)* _____ *Age:* _____

PHOTO RELEASE: YES ___ NO ___

Emergency Contact Name _____ *Phone* _____

Medical concerns, or other known allergies? _____

I hereby give my child permission to participate in this program offered by the Summit Police Department. In signing this form, I understand that there is no insurance provided, and I hereby release the City of Summit and any individual connected with the City of Summit from any and all law suits, medical expenses, hospital or other expenses that may arise from injury to or caused by each individual's participation in this program. I certify that my child is in proper physical condition to participate in this program.

Parent/Guardian Signature

Parent/Guardian Name (Printed)