

FREE SELF DEFENSE CLASSES AT THE SENIOR CENTER

Location: Senior Center- Tice Mall

When: November 14th, 21st, 27th

Time: 6:30pm-7:30pm

Ages: 16+

*Sign up on
community pass!!*



JV Detective Simon Sherfer has over 25 years of experience in Martial Arts.

He is a Defensive Tactics Instructor and Firearms Instructor for the Bergen County Police Academy. Teaching Defensive Tactics to police recruits for the past 10 years.