



EVERYTHING YOU NEED TO KNOW ABOUT . . . Judo

DESCRIPTION: Judo has an emphasis on holds, rolls and throws, this ancient form based upon the traditional Jujitsu fighting and self-defense techniques of Japan requires all the personal dedication, sacrifice and discipline which attracts Westerners to the Far East traditions. Judo teaches the principles of cooperation, working for mutual welfare and benefit, and principles of maximum efficiency, that is utilizing the least amount of effort to achieve maximum results. This program is run continuously with short seasonal breaks.

INSTRUCTORS: Black Belt instructor, Pat Crain and assistants

REGISTRATION: During the first week of each month (Tuesdays & Thursdays) when space allows.

AGES: 6-Adult

DATES: Ongoing monthly

DAY/TIME: Tuesday & Thursday
Beginner: 6:00 – 7:00 pm
Advanced: 7:00 – 8:30 pm

PAYMENT OPTIONS:

Option 1: You may pay via electronic funds transfer on the designated day of your choice for the monthly program simply by completing a form and providing a void check, deposit slip or copy of your credit card. This option ensures you or your child easy access to the program with no need to reregister every month.

Option 2: If you choose to pay by cash, check or credit card in person, here is what you need to know: You must register and pay on or before the first day of class every month. If we do not have a payment for the participant on the first day of class for the new month, he/she will not be allowed to participate until the fee has been paid.

CHECK-IN PROCEDURE: Please check in at the front desk before heading back to the multi-purpose room. Parents are required to walk participants all the way into the multi-purpose room and pick them up in the multi-purpose room after class.

LOCATION: YMCA multi-purpose room

FEES:

Member: \$28.00 Individual, \$13.00 for second, \$5.00 for each additional family member

Non-member: \$33.00 Individual , \$23.00 for second, \$5.00 each additional family member

