

## REGISTRATION INFORMATION

- Our dojo (training hall) is located in the Lord Selkirk High School Upper Gym.
- The junior class runs from 6:30—7:50 p.m. on Tuesday and Thursday evenings. The senior class runs from 8—9:30 p.m.
- Classes begin September 8 and continue until the end of May, 2017. September 8 will be an Open House for beginners.
- Fees are \$225 for the first person in a family and \$175 for each additional member of the same immediate family.
- Beginners require a uniform which can be purchased from the club for approximately \$45.

**FREE 2 WEEK TRIAL  
MEMBERSHIPS**



**FOR MORE INFO, CALL  
BRIAN AT 204-782-9785  
[www.selkirkjudoclub.com](http://www.selkirkjudoclub.com)**



**For Fitness  
For Sport  
For Fun!**

# JUDO IS FUN!

## Did you know?

- Millions of people practice judo worldwide, in over 180 countries.
- Students practice judo for competition or recreation. In 1964, judo became the first martial art to be added to the Olympic Games.
- Judo consists of two types of grappling techniques—throws and groundwork. There is no striking in sport judo.



## Judo is a great way to:

- Increase physical activity
- Improve physical fitness
- Build self-confidence and self-discipline
- Make new friends



## The Judo Club offers:

- Two week free trial memberships for all beginners.
- Two regular classes—a junior class (age 7–12) and a senior class (age 13 to adult) - on Tues and Thurs evenings.
- An 8 week program on Mon nights for 5–6 year olds (beginning Sept 19).

## In addition to regular classes, the Club offers:

- For those interested, competition training and tournament travel. Each year, our competitive athletes compete at tournaments throughout the province, as well as out-of-province tournaments such as Regina, Edmonton and Vancouver.
- Various social activities including a sleigh ride at Birds Hill Park, an afternoon at Vertical Adventures climbing facility, Christmas parties, a Dinner and Comedy Show event and a year-end windup.

