

## Registration Form

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

For uniform sizing, please indicate:

Height (inches) \_\_\_\_\_

Weight (pounds) \_\_\_\_\_

PAYMENT ENCLOSED \$ \_\_\_\_\_

\* Please detach form and mail to Selkirk Judo Club, 14 Park Road, Selkirk, MB, R1A 0B3. Please be sure to include registration fee (cheque payable to the Selkirk Judo Club) - \$50

\*\* Please note that ONLY the first 12 registrations received will be accepted.



**For Fitness**  
**For Sport**  
**For Fun!**

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

The Selkirk Judo Club also offers junior (7—12 years) and senior (13 to adult) judo programs from September to the end of May. Workouts are Tuesday and Thursday nights at the High School Upper Gym.

For more information about any of our programs, contact Brian at 782-9785.

The Selkirk Judo Club is a member club of Judo Manitoba, a provincial sport organization with Sport Manitoba.



**Judo 5 + 6**



**September 18, 2017 to  
November 13, 2017**

# JUDO IS FUN!

## Judo 5 & 6 Questions & Answers

### Who can register?

Any child who will be 5 or 6 years old as of September 18, 2017.



### How long is the program?

The program is eight classes. The classes are from 6:30—7:15 p.m. each Monday evening from September 18 to November 13, 2017 (No classes October 9).

### Does my child need a uniform?

Yes, a uniform (judogi) is required. Rental of a uniform is included with the registration fee.

### What will my child do in Judo 5 & 6?

This program utilizes basic judo techniques as well as judo games as a fun way to encourage development of movement and athletic skills at this important stage in your child's physical development. Various techniques are used, including use of stuffed animals instead of partners for throwing practice and the use of various games and activities as a fun way to develop running, jumping, agility, balance, coordination and other skills.



### What is the fee for this class?

The fee for Judo 5 & 6 is \$50. This includes a uniform rental.

### How do I register my child?

Complete the attached form and mail, along with the registration fee (by cheque payable to the Selkirk Judo Club), to Selkirk Judo Club, 14 Park Road, Selkirk, MB, R1A 0B3. Only the first 12 registrations received will be accepted.

