

Registration Form

NAME _____

ADDRESS _____

PHONE NUMBER _____

DATE OF BIRTH _____

EMAIL ADDRESS _____

For uniform sizing, please indicate:

Height (inches) _____

Weight (pounds) _____

PAYMENT ENCLOSED \$ _____

* To register, please mail this form to Selkirk Judo Club, 14 Park Road, Selkirk, MB, R1A 0B3, along with a cheque (\$70) payable to the Selkirk Judo Club. Alternatively, please send an email with the requested information and e-transfer the fee to:
selkirkjudoclub@shaw.ca

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

**Fit-Fitness
Fit-Sport
Fit-Fun!**

**FOR MORE INFO, CALL
BRIAN AT 204-782-9785
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.

Selkirk Judo Club



Judo 5 + 6



**September 16, 2019 to
November 18, 2019**

JUDO IS FUN!

Judo 5 & 6 Questions & Answers

Who can register?

Any child who will be 5 or 6 years old as of September 16, 2019.



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 16 to November 18, 2019 (No classes October 14 and November 11).

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 \$70. 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.

