



JUDO



WITH
DESERT JUDO CLUB

Learn and advance your judo skills by expanding your postures and salutations, how to move on the mat, control your opponent and how to fall safely. Techniques of grappling, locking, choking, escaping and sequence combinations taught. Participant must supply their own GI.

Adult Judo (Ages 16+)

4 week sessions

Tues/Thurs	January 2 - January 25
Tues/Thurs	February 1 - February 27
Tues/Thurs	March 5 - March 28
Tues/Thurs	April 2 - April 25
Tues/Thurs	May 2 - May 28

6:00 - 7:15 p.m.

Youth Judo (Ages 6-17)

4 week sessions

Mon/Wed	January 3 - January 29
Mon/Wed	February 5 - February 28
Mon/Wed	March 4 - March 27
Mon/Wed	April 1 - April 24
Mon/Wed	May 1 - May 24

6:00 - 7:15 p.m.

Foothills Recreation and Aquatics Center, 5600 W. Union Hills Drive
Upper Level, Exercise Room B

\$21 per session, resident; \$25 per session, non-resident

Sign Up Now! SPACE IS LIMITED • To register: WWW.glendaleaz.com/parksandrec
For more information, please contact Susie Cummings at 623.930.4614.

*For special accommodations call 623.930.4614. Hearing impaired persons
may use the Arizona Relay Service at 1.800.367.8939*

