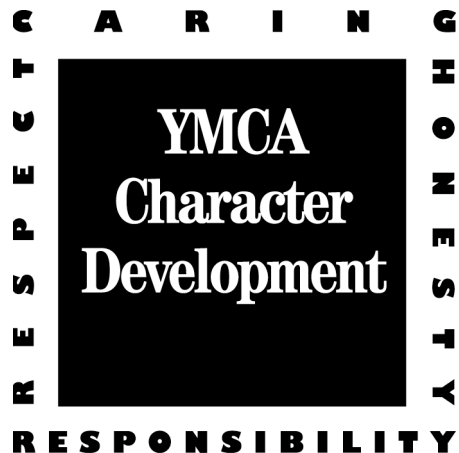


# YJUDO

Salinas Community YMCA · 117 Clay Street, Salinas, CA 93901 · 831-758-3811

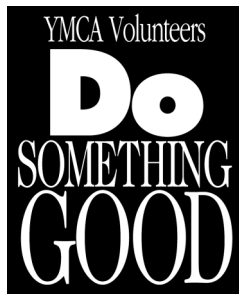
**Judo** is a sport which develops self-control, discipline, self-confidence, sportsmanship as well as coordination. Judo teaches humility, mutual respect and builds character. Sport Judo can be engaged by anyone regardless of age or gender and provides one of today's best physical fitness programs. Judo is an Olympic sport.



## YMCA Mission:

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

## VOLUNTEERS NEEDED



Please check one or more that you can do:

- Coach
- Assistant Coach
- Referee
- Team Parent
- Sponsor

## Ages

7 and up

## When

Year Round - New participants may observe a class then speak with instructor.

## Time

Tuesdays and Thursdays  
6:30 - 7:30 pm Beginner  
7:30 - 8:30 pm Advanced

## Saturday

10:30 am - 12:30 pm - All

## Where

YMCA Group Exercise Room

## Monthly fees

\$30/ per family  
\$30/ adult member  
\$30/ youth member  
\$55/program member  
\$55/family program member

## Registration Info

Ongoing - Register at the YMCA

## PROGRAM GOALS:

- Improved judo skills
- Strengthen teamwork concepts
- Develop positive attitudes about fair play.
- **MOST IMPORTANTLY HAVE FUN !**

**BELONG.  
BE STRONG.**

