



MARTIAL ARTS

KIDS JUDO

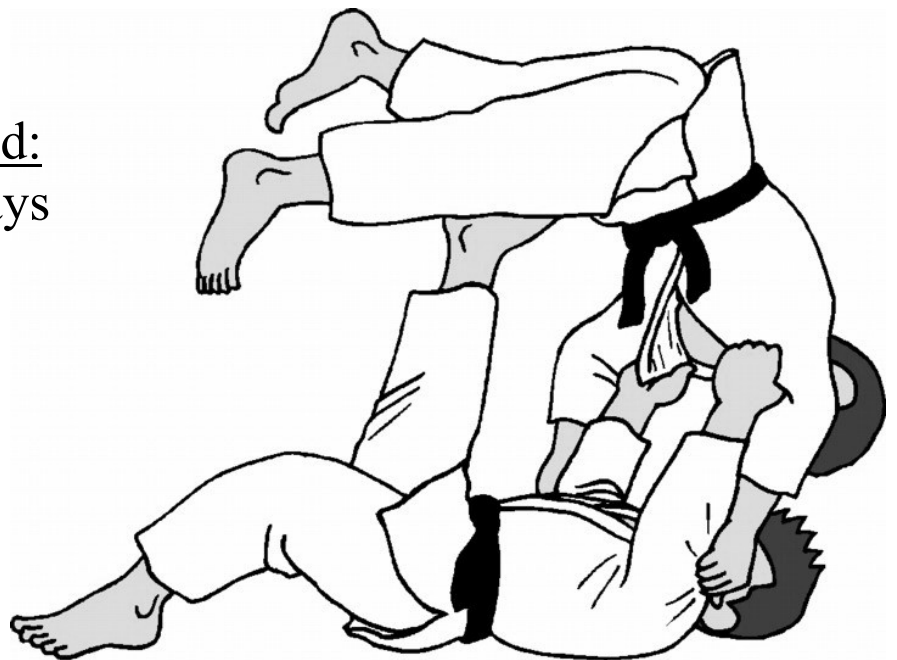
For children ages 5 – 15 years old

Judo, which translated means “gentle way”, is best known for its spectacular throwing techniques but also involves considerable ground grappling utilizing specialized pins and control holds. Great for kids interested in middle and high school wrestling or a fun Martial Art! Our program is registered with the United States Judo Association and offers optional tournaments through the USJA.

Begins 11/1/10

Ongoing Program Held:
Mondays & Wednesdays
6:00 – 7:00 p.m.

Monthly Fee
\$20 Members
\$40 Non-Members



Minimum enrollment 6



FRANKLIN COUNTY FAMILY YMCA

235 TECHNOLOGY DRIVE P.O. BOX 720 ROCKY MOUNT, VA 24151
WWW.FRANKLINCOUNTYFAMILYYMCA.ORG 489-YMCA (9622)

*We build
strong kids,
strong families,
strong communities.*