

# **ANIMAL FITNESS** YOUTH PROGRAM (10 YEARS & UP)



# **Program Description**

Judo is a Martial Art and *Olympic sport* originating from Japan. In this class, participants learn a combination of throws, takedowns, grappling techniques, and submission holds.

### Why Our Youth Program?

Our youth program will help your child with:

- Confidence & Self-Esteem
- Discipline
- Fitness
- Learning Self-Defense & Life Skills

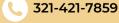
## **Recommended Items to Purchase**

- Judo Gi / Kimono
- Judo Belt

#### **Schedule**

Tuesday's & Thursday's at 5pm









www.AnimalFitnessFL.com (a) Info@AnimalFitnessFL.com

