



Youth Judo / Sambo PROGRAM

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

