



OTTAWA JUDO CLUB CLASS SCHEDULE



FUNDAMENTALS	INTERMEDIATE	PRE-COMPETITIVE	COMPETITION	ADULTS
MONDAY	THURSDAY		SATURDAY	
FUNDAMENTALS 5:30 pm to 6:20 pm 5-12 Years of age <i>Beginners to Yellow/Orange Belt</i>	FUNDAMENTALS 5:30 pm to 6:20 pm 5-12 years of age <i>Beginners to Yellow/Orange Belt</i>		ADULTS 9:00 am to 10:20 am 17 years of age & Up <i>Beginners to Black Belt</i>	
INTERMEDIATE 6:30 pm to 7:20 pm 8-12 years of age <i>Yellow to Green Belt</i>	INTERMEDIATE 6:30 pm to 7:20 pm 8-12 years of age <i>Yellow to Green Belt</i>		COMPETITION TEAM 10:30 am to 11:45 am 13 years of age & up <i>Yellow Belt & Up</i>	
PRE-COMPETITIVE 6:30 pm to 7:30 pm 9 – 12 years of age <i>Yellow to Green Belt</i>	PRE-COMPETITIVE 6:30 pm to 7:30 pm 9 – 12 years of age <i>Yellow to Green Belt</i>		PRE-COMPETITIVE 10:30 am to 11:30 am 9 – 12 years of age <i>Yellow to Green Belt</i>	
COMPETITION TEAM 7:45 pm to 9:00 pm 13 years of age & up <i>Yellow Belt & Up</i>	COMPETITION TEAM 7:45 pm to 9:00 pm 13 years of age & up <i>Yellow Belt & Up</i>		INTERMEDIATE 12:00 noon to 1:00 pm 8-12 years of age <i>Yellow to Green Belt</i>	
ADULT JUDO 8:30 pm to 9:45 pm 17 years of age & Up <i>Beginners to Black Belt</i>	ADULT JUDO 8:30 pm to 9:45 pm 17 years of age & Up <i>Beginners to Black Belt</i>		FUNDAMENTALS 12:00 noon to 1:00 pm 5-12 years of age <i>Beginners to Yellow/Orange Belt</i>	

Classes are subject to change due to COVID-19 regulations and room capacity mandated by the ministry
 Age and Belts listed above are only guidelines. The sensei will evaluate and assign you to the class best suited for you