



OTTAWA JUDO CLUB CLASS SCHEDULE

The ages and belts are guidelines, the technical director will assign you to the class best suited for you.



KIDS JUDO 5 to 10 yrs <i>Beginner to Yellow Belt</i>	INTERMEDIATE JUDO 8 to 12 yrs <i>Yellow to Orange/Green Belt</i>	YOUTH JUDO 12 to 17 yrs <i>Beginner to Green Belt</i>	COMPETITIVE JUDO 12 yrs & Older <i>Orange Belt to Black Belt</i>	COMPETITION TEAM 13 yrs & Older <i>Orange/Green to Black Belt</i>	ADULT JUDO 18 yrs & Older <i>Beginner to Black Belt</i>
MONDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
INTERMEDIATE JUDO 5:45 pm to 6:45 pm 8 to 12 Years of Age <i>Yellow to Orange/Green Belt</i>	JUDO CONDITIONING 5:00 pm to 6:45 pm <i>Competitive/Competition Team</i> 13 years of Age & Older <i>Orange Belt to Black Belt</i>	INTERMEDIATE JUDO 5:45 pm to 6:45 pm 8 to 12 Years of Age <i>Yellow to Orange/Green Belt</i>	COMPETITION TEAM OPEN RANDORI 5:00 pm to 6:30 pm 13 years of Age & Older <i>Orange/Green to Black Belt</i> "By Selection Only" Open to Other Clubs Brown & Black Belts Only "Must have Dojoshus Permission"	ADULT JUDO 9:00 am to 10:30 am 18 years of Age & Older <i>Beginner to Black Belt</i>	
YOUTH JUDO 6:45 pm to 7:45 pm 12 to 17 Years of Age <i>Beginner to Green Belt</i>	KIDS JUDO 5:45 pm to 6:30 pm 5 to 10 Years of Age <i>Beginner to Yellow Belt</i>	YOUTH JUDO 6:45 pm to 7:45 pm 12 to 17 Years of Age <i>Beginner to Green Belt</i>		COMPETITION TEAM 10:30 am to 12:00 noon 13 years of Age & Older <i>Orange/Green to Black Belt</i> "By Selection Only"	YOUTH JUDO 10:30 am to 11:30 noon 12 to 17 Years of Age <i>Beginner to Green Belt</i>
COMPETITIVE JUDO 6:45 pm to 8:00 pm 12 Years of Age & Older <i>Orange Belt to Black Belt</i>		COMPETITIVE JUDO 6:45 pm to 8:00 pm 12 Years of Age & Older <i>Orange Belt to Black Belt</i>		COMPETITIVE JUDO 10:30 pm to 11:45 pm 12 Years of Age & Older <i>Orange Belt to Black Belt</i>	
COMPETITION TEAM 6:45 pm to 8:30 pm 13 Year of Age & Older <i>Orange/Green to Black Belt</i> "By Selection Only"		COMPETITION TEAM 6:45 pm to 8:30 pm 13 Years of Age & Older <i>Orange/Green to Black Belt</i> "By Selection Only"		KIDS JUDO 12:00 pm to 1:00 pm 5 to 10 Years of Age <i>Beginner to Yellow Belt</i>	
ADULT JUDO 8:30 pm to 10:00 pm 18 Years of Age & Older <i>Beginner to Black Belt</i>		ADULT JUDO 8:30 pm to 10:00 pm 18 Years of Age & Older <i>Beginner to Black Belt</i>		INTERMEDIATE JUDO 1:00 noon to 2:00 pm 8 to 12 Years of Age <i>Yellow to Orange/Green Belt</i>	