



JUDO

Judo

n. A sport and method of physical training similar to wrestling, developed in Japan in the late 19th century and using principles of balance and leverage adapted from jujitsu.

April 6 thru June 10, 2010 (10 weeks)

Ages K-Adult

**Held at Newport Rec with
John Widmann instructing**

Tuesday: 4:30-6pm (until end of April, then 5-6:30)

Thursday: 5:00-6:30pm

**For more info contact John at
john.widmann@ansys.com**

**Only \$30.00
for 10 weeks
Register @
Newport Rec 863.1332**

