

# ***Abbotsford Judo*** **SUMMER DAY CAMPS**

## **What we offer:**

**Half-day camps, packed full of fun activities for our happy campers.**

**Development camps for those working on Judo 'Fun'damentals.**

**Intermediate Camps for those who are ready to take their Judo to the next level.**

**Stripe / belt testing at the end of each camp!**

**A great chance to meet new friends, and get a free Judo T-shirt!**

## **Development Camps**

***Ages 6-10***

**Fun focused, fitness oriented Judo and related activities.**

**A wonderful introduction to Judo and a great way to help reinforce fundamental Judo skills and techniques.**

## **Intermediate Camps**

***Ages 8-14***

**Serious training for the competitive students. Offering a higher intensity conditioning program, alongside tactics, techniques and strategies to give you the winning edge.**

**One year of Judo experience is required for these sessions.**

**Staff trained in First Aid  
Instructors are NCCP certified**

## **Registration Info**

### **Development Weeks**

**July 10 - 14**

**July 31 - August 4**

### **Intermediate Weeks**

**July 24 - 28**

**August 14 - 18**

### **All Camps Run Mon. - Fri.**

**Drop off: 2:00pm**

**Pickup: 5:00pm**

**(Parents wait outside for pickup)**

### **Register at the Abbotsford Judo Club**

**Cost is \$60.00 per week**