



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DEVELOP THE SPIRIT, MIND, & BODY

Judo & Jujitsu Kai

Ages 6 years and up

SANTA MONICA FAMILY YMCA



## Learn the Martial Art of Judo and Jujitsu!

Santa Monica Family YMCA team has placed at  
the State Championships for 27 years.

Jim Nieto, Sensei, Phone # (310) 384-0976

Santa Monica Family YMCA ~ 1332 6<sup>th</sup> St., Santa Monica, CA 90401 ~ [www.ymcasm.org](http://www.ymcasm.org)



Our program is designed to encourage the student to participate within a group atmosphere that fosters team building and self-confidence. The student will learn about sportsmanship, self-defense, and the four core values of the YMCA: Caring, Honesty, Responsibility, and Respect

The Japanese word "Judo" literally means the "gentle way". Balance, timing, strategy and tactics, are essential characteristics of this sport and art. Flexibility, stretching and strength exercises are part of every Judo practice. Judo is a fun high-energy activity as well as a relaxing and calming exercise.

Did you know?

- Judo is the most widely practiced martial art on the planet.
- Judo is the second most practiced sport worldwide (Soccer is #1).
- According to the American College of Sports Medicine, Judo is the safest contact sport for children under age 13.

**How much are classes?**

Santa Monica Family YMCA membership is required  
Youth & Team dues are \$30/month

**When are classes held?**

Juniors: Tuesdays, 4-6PM & Saturdays 1-3pm  
Team Practice: Thursdays 4-6pm & Saturdays 3-5pm

For Billing Questions Contact: Erika Altshule, Youth & Family Director, (310) 393-2721, ext.123 or Erika@ymcasm.org

**PARTICIPANT INFORMATION** Please print clearly

Participant Name: \_\_\_\_\_ Member # \_\_\_\_\_ Circle: Male Female

Birth day: \_\_\_\_\_ Age \_\_\_\_\_ Grade: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ phone #: \_\_\_\_\_

Billing Address \_\_\_\_\_ City \_\_\_\_\_ Zip: \_\_\_\_\_

Parent/Guardian Email: \_\_\_\_\_

**PAYMENT OPTIONS** - Fees withdrawn on the 5<sup>th</sup> of each month

- Pay Plan I- Auto withdraw, automatically withdraw Judo monthly payments using card on file with membership.
- Pay Plan II- Auto withdraw, automatically withdraw Judo monthly payments from the card listed below.

I understand my child must be a member of the Santa Monica Family YMCA to participate in the Judo program. I understand that once my child has attended one day of Judo there are no adjustments, credits, fee reductions, or refund of fees for missed days or early withdrawal. All registration forms must be completed in full, signed where indicated & returned before child attends. I understand there must be a 10-day written notice to the Administration/Billing Office to change the automatic draft arrangement. I understand the above guidelines.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**PAYMENT METHOD**

- VISA  AMEX  DISCOVER  MASTER  Card on File w/ Membership.

Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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