



OLYMPIC-STYLE JUDO

Empire Judo Club is for people who are interested in learning the Olympic Sport of Judo which encompasses throwing and grappling techniques. Judo teaches students how to overcome large opponents and the importance of enriching the lives of oneself and others. Students have opportunities to test their skills in club tournaments and take part in social events. Dress comfortably for the first class. Classes are held at Heritage Neighborhood Center, Fontana.

For more info: Call the Community Services Department, (909) 428-8360.



Instructor: Sensei, Mike Sambrano (pictured with his Sensei, Gary Goltz)

Ages - Days - Time

6+ - Tuesdays & Thursdays - 7:00 to 8:30 pm

www.fontanarecreation.org

