



Ottawa Judo Club Weekly Schedule

柔道

Monday	Tuesday	Wednesday	Thursday	Friday
Evenings				
U15 Combined 6:45pm – 8:00pm Skill Development		U15 Novice 6:30pm – 7:30pm Fundamentals	U15 Advanced 6:45pm – 8:00pm Skill Development	
Adult 8:00pm – 9:30pm High Performance Judo			Adult 8:00pm – 9:30pm Skill Development	

Saturday	Sunday
Mornings	
Adult 9:00am – 10:30am Technical Judo	
U15 Combined 10:30am – 11:30am Technical Judo	
U15 Combined 11:30am – 12:30am Tactical and Competitive Judo	

Adult – Ages 16 and Over	
	Adult

U15 – Ages 15 and Under	
	U15 Novice (White to Yellow/Orange Belts)
	U15 Advanced (Orange to Brown Belts)
	U15 Combined (White to Brown Belts)