



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BECOME A BETTER YOU

JIU JITSU

BEDELL FAMILY YMCA

Instructors: Dana Bergman & Wade Dixon

Jiu-Jitsu is the fastest growing martial art in the country - the world's #1 most powerful system of self-defense.

Athletes must be 14 + to participate

Program Location: Bedell Family Y Character Center

Fee per month: \$35 members, \$50 non-members
(May attend unlimited # of classes per month)

Gi Policy - Athletes must wear a Gi when participating in a class or individual instruction at all times. If an athlete needs a Gi, they can purchase one at their own expense, or rent one for \$10 a week from the instructor.



Weekly Class Offerings:

**Tuesdays & Thursdays from
6-6:45pm OR 7-7:45pm**

**Dates:
August 4 - 27**

Please note: BJJ will follow best practices and policies of operation for COVID-19 safety.

Find us on Facebook for more info: www.facebook.com/jiujitsuokoboji/

Jiu Jitsu - August

Name _____

Address _____ City _____

Email _____ Phone _____

Y Member? Y or N

In consideration for being allowed to participate in the YMCA exercise program, I agree to assume the risk of such exercise, and further agree to hold harmless the YMCA and its staff members conducting the exercise program from any and all claims, suits, losses, or related causes of action for damages, including but not limited to, such claims that may result from my injury or death, accidental or otherwise, during, or arising in any way from, the exercise program.

Signature _____ Date: _____

(Parent or guardian signature if under 18)