



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 6:30-7:30pm**

**Dates: Ongoing Monthly**

**Find us on Facebook for more info: [www.facebook.com/jiujitsuokoboji/](http://www.facebook.com/jiujitsuokoboji/)**

Jiu Jitsu

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)