



### OLYMPIC-STYLE JUDO

This class is for people who are interested in learning the art 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 Held at Heritage Neighborhood Center, Fontana. For more info call the Community Services Department, (909) 428-8360.



**Instructor: Mike Sambrano**  
**Min/Max. 6/20**  
**Ages Day Time**  
**6+ Thursdays. 7:00 - 8:30 pm**  
[www.fontanarecreation.org](http://www.fontanarecreation.org)

