



**Judo**  
Ontario

# Ne Waza Nights

**Starting in September of 2016 for the new Judo season, Judo Ontario will be hosting a new weekly training program devoted to groundwork. The trainings are open to athletes in U18 and up with a minimum of green belt.**

## Who?

**Athletes in U18 (born 2002) or older with a green belt or higher.**

## When?

**Thursday nights  
from 9 - 10pm**

## Where?

**The Toronto Pan Am  
Sports Centre  
875 Morningside Ave**

## Cost?

**For the 2016-17 season,  
September to June,  
Membership fees are \$100.00**

## More Information

**For more information, visit our  
website at**

**[www.JudoOntario.ca](http://www.JudoOntario.ca), check  
our Facebook page, or contact  
the Office directly using  
[info@judoOntario.ca](mailto:info@judoOntario.ca) or  
**(416)-447-5836****

**TPASC**  
TORONTO PAN AM SPORTS CENTRE



**Ontario**



**CANADIAN  
SPORT  
INSTITUTE**  
**INSTITUT  
CANADIEN  
DU SPORT**  
ONTARIO