

**CHELTENHAM TOWNSHIP
PARKS AND RECREATION DEPARTMENT**



JUDO

A self-defense class will increase your flexibility, strength and endurance while teaching you the techniques of Judo. Adults welcome.

WHERE: Rowland Community Center

WHEN: Thursdays, beginning January 30, 2020

Beginner's - 6:15 to 7:00 p.m.

Advanced - 7:00 to 8:00 p.m.

Ages 6 & Older - 12 Weeks

Fee - \$50 (NR\$75) - Limit 20



Registration begins Sat., Jan. 11th - 10:00 a.m. – 12:00 noon

ONLINE REGISTRATION BEGINS THURSDAY, JAN. 2nd