

Judo

Judo classes offer fitness, fun and self-confidence. Our instructor George Weers is a black belt 7th degree, who is a certified Master Coach with 50 years of Judo experience. He has coached at the US Olympic Training Center and the National Judo Institute, directed National Training Camps and has served on the US Judo Association Board of Directors for 10 years. Judo uniforms are available through course instructor.



- **Tuesdays & Thursdays**
- **8am–9am** *Competitive Training
- **6:30pm–8pm** *Judo Classes
- **@ Hollis Rec Center**

CALL US FOR MORE INFO @ 309.697.2944

Daily: \$6
Monthly: \$25 Resident | \$30 Non-Resident

Hollis Recreation Center

10107 S. Vine Street, Mapleton, IL 61547 | Phone: 309.697.2944 (press 1)

Website: www.hollispark.org | Facebook: Hollis Park District

STAFFED HOURS:

Mon-Thurs	8am-8pm
Friday	8am-4pm
Saturday	8am-1pm



Hollis Park District
Parks and Recreational Services