

Fall 2023

YOUTH PROGRAMS

SEPT. 5 - OCT. 26

Tuesday & Thursday

5:30-6:30PM

\$192 + JUDO On.
Membership Fee

NOV. 2 - DEC. 21

Mon&Wed, Friday

6:30-8PM, 7-8:30PM

\$180 + JUDO On.
Membership Fee

SEPT. 5 - OCT. 27

Tues&Thurs, Fridays

6:30-8PM, 5:30-6:30PM

\$264 + JUDO On.
Membership Fee

NOV. 2 - DEC. 21

Tues&Thurs, Fridays

6:30-8PM, 5:30-6:30PM

\$264 + JUDO On.
Membership Fee

SEPT. 16 - DEC. 2

Saturdays

10:30-11:30AM

\$210

SEPT. 11 - OCT. 23

Mondays

5:30-7PM

\$150

OCT.30 - DEC.4

Mondays

5:30-7PM

\$150

Jr. JUDO Recreational

Participants in this program will develop respect, control, calmness, willpower, perseverance and confidence. This class focuses on fitness, flexibility, balance, endurance and self-defense. There is a large educational component to Judo as participants learn to make the best use of their energy through body/mind training.

Jr. JUDO Competitive

Building on the principles learned in Junior Judo- Recreation, this program will provide training for youth to perform at a more competitive level of Judo.

Jr. NBA

Jr. NBA is designed to develop fundamental skills, sportsmanship and a love of the game of basketball. This program provides entry to the Canada Basketball development pathway, encouraging athletes to pursue high performance opportunities.

Excalibur Youth Sports Club

This program encourages kids to explore a wide range of activities in a safe and inclusive environment – with a new activity every week, including: Basketball, Volleyball, Camp Games, Rowing, Climbing, and Soccer. Our Excalibur Sports Club is the ideal way to get kids involved in physical activity in a fun and engaging way, as well as making new friends, developing life skills, and being led by Trent's current Varsity Athletes and Camp Counsellors.

[CLICK HERE OR VISIT TRENTU.CA/ATHLETICS](https://www.trentu.ca/athletics)