



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JIUJUTSU CLASS

MONDAYS AND WEDNESDAYS 5:30-6:30PM

IN STUDIO C

Ages 13+

JiuJutsu is a self-defense program with historical Japanese martial arts roots. Philosophical and moral training are prioritized as a necessary part of the martial arts. Students will learn simple escapes, throws, and retraining holds before advancing to more stringent self-defense techniques.



INSTRUCTOR: Dave Heacock

Experience: Dave began training in 1969 and has been teaching since 1973. Awarded 8th degree black belt in 2017.

Class Fees:

YMCA Members: \$50.00/month

Community Members: \$90.00/month youth (13-21)
\$100/month adult (22+)

James Family Prescott YMCA
750 Whipple Street Prescott, Arizona 86301
(928) 445-7221 www.prescottymca.org