

## White Rock Judo Club Schedule 2025 - Effective 09/08/2025

	Gateway Dojo (Douglas)	Centennial Park Leisure Centre	Team B.C.
Monday	5:15 - 6:20 PM - Kids Beginner 1+2		
	Sensei Dave & Carly		
	6:30 - 8:00 PM - Kids Advanced Sensei Andrew		
Tuesday		5:10 - 5:55 PM - Kids Beginner 1+2 Sensei Dave & Manny	
	7:00 - 8:30 PM - Adults Class Sensei Kam & Kevin	6:00 - 6:55 PM - Kids Advanced Sensei Andrew & Manny	
		7:00 - 8:50 PM - HP Class (U14,U16,U18) Sensei Manny & Andrew	
Wednesday	5:15 - 6:10 PM - Pre Judo + Kids Beginner 1		
	Sensei Raissa & Dave & Carly		
	7:00 - 8:30 PM - Adults Class Sensei Mike & Kees & Joel		7:00 - 9:00 PM - Team B.C. (U14+) Abbotsford Judo
Thursday	6:10 - 7:10 PM - Girls Class Sensei Sergio	5:10 - 5:55 PM - Kids Beginner 1+2 Sensei Manny	
	7:20 - 8:30 PM - Adults Recreational Sensei Sergio	6:00 - 6:55 PM - Kids Advanced Sensei Andrew & Manny	
		7:00 - 8:50 PM - HP Class (U14,U16,U18) Sensei Manny & Andrew	
Friday	5:15 - 6:00 PM - Pre Judo + Kids Beginner 1		
	Sensei Manny		
	6:15 - 7:30 PM - Kids Advanced Sensei Andrew & Manny		
	7:45 - 9:45 PM - Adults Class Sensei Kam & Kees		
Saturday	4:30 - 5:20 PM - Kata Class TBD		10:00 AM - 12:00 PM - Team B.C. (U14+) Location TBD
	5:30 - 6:45 PM - Kids Beginner 2+ Advanced Sensei Manny		
Sunday	9:30 - 10:15 AM - Pre Judo + Kids Beginner 1		
	Sensei Kevin & Russ		
	10:30 - 11:45 - Kids Beginner 2 + Kids Advanced Sensei Manny		
	12:00 - 1:30 PM - Adults Open Mats Sensei Kam		
	2:00-3:30pm Girls Advanced (U12+ Yellow+) Sensei Manny		

### Legend

Class	Age	Belt	U6 - 2021 & 2022 Born
Pre Judo	U6 - U8	White to White/Yellow	U8 - 2019 & 2020 Born
Kids Beginner 1	U8-U10	White to White/Yellow	U10 - 2017 & 2018 Born
Kids Beginner 2	U12-U14	White to White/ Yellow	U12 - 2015 & 2016 Born
Kids Advanced	U10-U14	Yellow to Orange/Green	U14 - 2013 & 2014 Born
Girls Class	U10-U14 Female	White to Orange/Green	U16 - 2011 & 2012 Born
Adult Recreational	Adult Beginner + Advanced Junior	White +	U18 - 2009 & 2010 Born
Adults Class	U16+ (Include U14 Green Belt)		U21 - 2007 & 2008 Born
HP Class (U14, U16, U18)	U14, U16, U18	Orange +	
Team BC (U14+)	U14+	Orange +	
Kata	Juniors & Adults		