



BALDWIN PAL JUDO/SELF DEFENSE – WINTER/SPRING 2024

Registration for Winter/Spring Judo/Self Defense is open.



Boys and Girls Ages 3 – 17

When: Friday evenings starting in February 2024

Location: Baldwin District Office – 960 Hastings Street, Baldwin, NY 11510

Uniform: A PAL Gi is required. Please add your child's height and weight for Gi sizing.

Cost: \$100 for the program; \$25 for the Gi

REGISTRATION IS ONLINE ONLY

www.baldwinpal.org

**In the Activity Registrations section click on Judo/Self Defense link
On the registration page click on the REGISTER button and follow the directions**

***** PAL follows guidelines of Nassau County and the CDC *****

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For Questions or Additional Information please email BaldwinPALInfo@gmail.com