

JUDO
SASK

2024 FEMALE RETREAT

Guest Coach
Announced Soon!

Join Us!

Calling all girls! Join us for an empowering weekend dedicated to celebrating the strength and perseverance of women in judo. Prepare for two action-packed days filled with team building, exciting activities, and camaraderie. All ages are welcome to join in the fun!

We invite all independent young ladies to join us for an unforgettable sleepover experience! While staying overnight is optional, we encourage those comfortable with it to join in. Rest assured, whether you choose to spend the night or not, you'll still have a blast!

The Details

March 23-24

Moose Jaw Koseikan Judo Club
801 Hochelaga St E, Moose Jaw, SK.

This is a **FREE** event. All food and activity costs will be covered!

Please Bring

- clean judo gi (1-2)
- judo belt
- water bottle
- exercise clothing
- swimsuit
- towel
- flip flops
- cash for pool snacks
- street clothes
- stain-safe shirt
- sleeping bag
- pillow
- toiletries

Drop off March 23 @ 9:00 AM Pick up March 24 @ 1:00 PM

