

The club judo Jikan is a NON-PROFIT ORGANIZATION with the main purpose in helping young people from under privileged backgrounds with particular needs and financial difficulties in order to practise the judo. Our mission as sports club is to promote the practice of judo with children, teenagers and adults, not only as a complete and accessible sport but as a way to reach self-fulfillment, to counter behavioural problems with learning, concentration and social integration while offering a feeling of belonging to an entity with the help of experimented trainers skilled in listening to the needs of young people. The judo Jikan club can be found in some schools like Charles-Bruneau school (behaviour disorder) and the Evangeline school (autism).

Schedule:

Monday to Friday : From 4:30 pm to 7 pm

Saturday: 9h am to noon

Address:

Jeanne Mance School, 4240 De Bordeaux / The entrance is found at the corner of Bordeaux / Marie-Anne.

Contact:

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