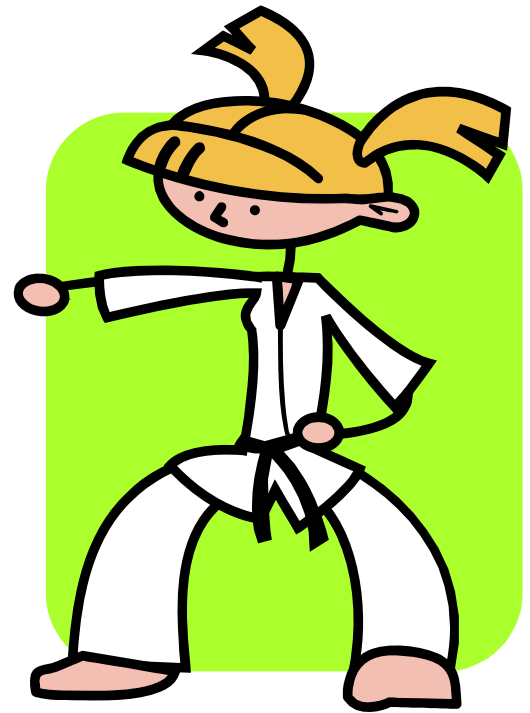


Ju-Jitsu Karate!

At the North Side YMCA



Tuesdays

4:30PM-5:30PM

Saturdays

10:30AM-11:30AM

Beginning June 1, 2010!



Ages: 6 to Adult

Cost: \$35 Family Members

\$40 Youth Members \$50 Non-Members

Register at the Business Desk

**Georgette Ornales
Instructor**

**North Side YMCA
10000 N. Pennsylvania
Oklahoma City, OK 73120
405-751-6363**



**For additional information,
please call (405) 226-7880**

You must re-register and pay each month.

We build strong kids, strong families, strong communities

Instructor Biography

My name is Sensei Georgette Ornelas. I have been married for 29 years and I am the mother of one adult son. I have been taught a sense of responsibility since the age of ten when I was given the chance to help my mother with some of her job duties. My family moved to Pasadena, California in 1973 and I graduated from Blair High School in 1976, also located in Pasadena., California. I had a wonderful work experience with Aetna Health care prior to my relocating to Edmond, Oklahoma years ago. Wanting to stay fit and healthy, I decided to join the YMCA. After realizing that I was not disciplined enough to stick to my workout routine, I began taking martial arts Open Hand Ju-Jitsu & Karate. I soon started teaching karate class as a brown belt, became a first-degree black belt in less than two years, and I am now a second-degree martial artist.

I am trained and qualified to teach women's and senior citizen's self defense classes. I continue to train under my instructor, Paul Dickson of Dickson's Martial Arts Training Academy, Inc. to refine my skills and provide the best quality instruction possible for my students.

I look forward to helping you be successful in Ju-Jitsu Karate at the North Side YMCA!

Respectfully,
Georgette Orneal

Ju-Jitsu Karate Enrollment Form

Please tear off above and give to front desk staff member when registering

Name: _____ Date of Birth: _____

Parent/Guardian (If under 18 years of age) -

Name: _____ Phone #: _____ Email: _____

Emergency Contact (All participants) -

Name: _____ Phone: _____

You must re-register with payment each month for this class.