



# Judo



## A7

# Holy Family

## About Judo

Judo is a great fun sport for children to learn, whether channelling the energies of the more intrepid or boosting the confidence of the timid!

### When?

Monday After School

15.00pm-16.00pm

Term dates Monday 24<sup>th</sup> April to Monday 17<sup>th</sup> July

No classes on the following dates 1<sup>st</sup>, 8<sup>th</sup> May and 26<sup>th</sup> June

### Benefits

These classes are designed to improve your child's spacial awareness, confidence and co-ordination. Learn the Olympic sport of judo, how to throw and fall safely and much much more....

Classes will be centred on fun and taught in a safe environment.

### Offers.....

- ***Come along and try the first class for free!***
- ***Bring a friend; if they sign up, you get a free Core Judo t-shirt!!***

#### Cost

£67.50 per term plus £15 kit hire if needed  
(Minimum block of 9 classes)

***If you cannot attend, why not go to our club at Thorpe Green?!***

***Please return this form to the school office or email [info@corejudo.co.uk](mailto:info@corejudo.co.uk)***

NAME OF CHILD.....  
.....

EMAIL CONTACT.....

Emergency Contact Details.....

AGE.....

JUDO EXPERIENCE.....

ANY MEDICAL CONDITIONS.....

I consent to my child taking part in judo and my child understands that it is important for safety reasons to adhere to any rules and instructions given by the coaches.  
Signed.....

Relationship to the child.....  
Please tick if your child requires a judo kit to hire (cost £15 per term) .....

**Contact:** 07776 114 673  
Or  
[georgie@corejudo.co.uk](mailto:georgie@corejudo.co.uk)