

Email: hello@wrekinstarjudo.couk

Phone: 07786 548657

# WELCOME TO OUR CLUB JOINING INSTRUCTIONS

## Who is judo for?

Everyone aged 6 and over is welcome to come and try judo or if you've done judo before, we welcome returners, whatever your age!

You don't need to be fit – judo is an excellent way to get fit at your own pace. We cater for all abilities and are fully inclusive, with coaches trained in adaptive judo for players with additional needs.

# How do I join?

You can pop along to a session on a Tuesday or Thursday (or both!) You don't need to contact us beforehand but if you do have any questions, please feel free to reach out.

Sessions times are:

## **Tuesday**

Juniors: 6.15pm to 7:15pm

Seniors: 7.15pm - 8.30pm

#### **Thursday**

Juniors: 6pm to 7pm

Seniors: 7pm to 8.30pm

## **Joining Instructions**

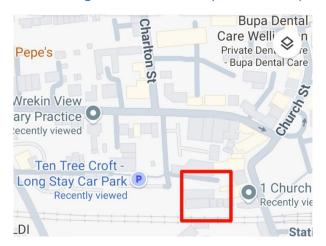
We have judo jackets and belts that can be borrowed free of charge. Please wear an old T shirt and loose-fitting trousers, like jogging or tracksuit bottoms (there are changing rooms on site). And bring a bottle of water! Arrive at least 10 minutes before the start of the session (juniors 6yrs to 13yrs) (seniors 14yrs to 70yrs+). The ladies in reception will take your details and provide you with joining instructions if you decide you'd like to carry on after your first **FREE SESSION**.

# Where to find us

We are located at 1 Church Street, Wellington TF1 1DD in the centre of the town.

<u>From the train or bus station it's a couple of minutes' walk</u> – across the bridge over the train track and through the gate with our logo sign down our alley – we are located mid-way down the alley. There is lighting and CCTV. <u>///ditched.harmony.soaps</u> (What3Words)

<u>Arriving by car</u> – there is a free car park at the rear of the venue **Ten Tree Croft Car Park** – past Morrisons' island on the left coming towards Wellington or turn right past the Smithfield chip shop and follow the signs to the first turn on the right <u>///animator.helper.scouted</u> (What3Words)



#### How much does it cost?

Judo is traditionally a relatively inexpensive sport compared to most other martial arts and sports. As we are run solely by volunteers, every penny goes back into the club for the benefit of its members.

## **Prices**

**Junior** 

£5.50 per session

or

£17.00 per month standing order\* (equivalent of £4.25 per session)

Senior

£6.50 per session

or

£21.00 per month standing order\* (equivalent of £5.25 per session)

## **FIRST SESSION IS FREE!**

## **Annual Membership**

Junior Senior  $\mathfrak{L}10.00$  per annum  $\mathfrak{L}15.00$  per annum Membership is payable each January (or time of becoming a member) for the year

## **Spectators**

We encourage parents to stay and watch their children

Refreshments available at very reasonable prices

There is also a large, seated reception area with free WiFi away from the judo hall (dojo)

<sup>\*</sup>Standing order is double if two sessions per week are attended

<sup>\*</sup>Discount is applied when paying monthly by standing order: includes 1 session per week on an average of 48 weeks (4 weeks maximum holiday during the year)