## JUDO FOR KIDS The fun way to get fit!

Sessions during term time and school holidays

Weekly sessions Ages 6+ All abilities welcome

## Why try Judo?

Builds confidence & self-esteem Improves fitness & co-ordination Improves strength and balance A fun martial art & Olympic sport Learn etiquette and discipline Make new friends

Fully inclusive & supportive environment



Level 1, 2 & 3 Coaches DBS Checked Safeguarding & First Aid Trained BJA Affiliated



Enquire Now Website: www.wrekinstarjudoclub.co.uk Email: hello@wrekinstarjudo.co.uk Phone: 07786 548657

Wrekin Star Judo Club 1 Church Street, Wellington. TF1 1HS Free Parking



First Session FREE Sessions £5.50 each or £17.00 per month (1 per week)