

LEARN JUDO

Get fighting fit!
For adults and children

Sessions all year round

Weekly sessions Ages 6+ All abilities welcome

Why try Judo?

- ★ Self-defence
- ★ Builds confidence & self-esteem
- ★ Improves fitness & co-ordination
- ★ Improves strength and balance
- ★ A martial art & Olympic sport
- ★ Learn etiquette and discipline
- ★ Make new friends
- ★ Fully inclusive & supportive environment



Qualified Coaches

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



Enquire Now

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Est. 1965

First Session FREE