



# WHY DO JUDO?

STOKENCHURCH JUDO CLUB 01494 483817 [www.stokenchurchjudo.org.uk](http://www.stokenchurchjudo.org.uk)

Judo is fun and safe, suitable for people of ALL ages and abilities.

It's especially beneficial for children, improving:

- Fitness & Flexibility
- Strength
- Discipline & Behaviour
- Co-ordination
- Respect for all
- Self-confidence

## NEW BEGINNER SESSIONS START SEPTEMBER '09

### Monday 7<sup>th</sup> September

6-10 year olds	6.30pm - 7.30pm
11-15 year olds	7.30pm - 8.30pm
16 years +	8.30pm - 10.00pm

*(16 yrs+ class depending on numbers. Currently combined with 11-15)*

### Thursday 17<sup>th</sup> September

6-15 year olds	6.30pm - 7.30pm
----------------	-----------------

**Juniors £2.00    Seniors £3.00**

