

WESTCROFT JUDO CLASSES

MONDAY AFTERNOONS AT HOMEFIELD SCHOOL

ACTION-PACKED MARTIAL ARTS CLASSES

CLASS 1 15.15-16.00 AGES **5-7** (R+Y1 & Y2)

CLASS 2 16.00 -17.00 AGES **7+** (Y3-Y8)



"MORE THAN A SPORT, IT'S A LIFESTYLE"

FITNESS ✓ CONFIDENCE ✓ FOCUS ✓ WELLBEING ✓

EMPOWERMENT ✓ FRIENDSHIP ✓ TEAMWORK ✓

VISIT: WWW.WESTCROFTJUDOCLUB.CO.UK

EMAIL: WESTCROFTSCHOOLSJUDO@GMAIL.CO

-WESTCROFT JUDO CLUB EST 1996-