

JUDO



CLICK ON TIMES TO BOOK SESSIONS

@CATERHAM HIGH SCHOOL (MAIN HALL)

CATERHAM AVENUE • CLAYHALL • ILFORD • IG5 0QW

TERM TIME: MONDAY, 09 SEP 2024 – 21 OCT 2024

BEGINNERS (AGE 4-16) 18:00 – 19:00

INTERMEDIATE OR ADVANCED 19:00 – 20:00

@ILFORD SPORTS CLUB

3 CRICKLEFIELD PLACE • ILFORD • ESSEX • IG1 1FY

TUESDAY 17 SEP 2024 – 22 OCT 2024

ACORNS (AGE 4-7) 17:30 – 18:30

INTERMEDIATE (AGE 8-19) 18:00-19:30

SENIORS 19:30-21:30

@ST. LUKE'S CHURCH HALL

BAXTER ROAD • ILFORD • ESSEX • IG1 2HN

WEDNESDAY 11 SEP 2024 – 23 OCT 2024

BEGINNERS (AGE 4-18) 17:30 - 19:30

PLEASE WEAR AN OLD PAIR OF TRACKSUIT BOTTOMS AND T SHIRT TO PARTICIPATE. FINGER NAILS AND TOE NAILS MUST BE CUT SHORT AND NO JEWELRY OF ANY KIND (INCLUDING RELIGIOUS WRIST BANDS) ARE TO BE WORN DURING A TRAINING SESSION.

OUR COACHES HAVE OVER 20 YEARS EXPERIENCE.

ALL COACHES ARE DBS CHECKED, AND HAVE COMPLETED ALL NECESSARY ACCREDITED COURSES REQUIRED BY THE BRITISH JUDO ASSOCIATION AND UK SPORT TO TEACH JUDO IN A SAFE AND SECURE ENVIRONMENT.