

## Fees

One class per week

**£90 Members / £99 Non members**

Two - three classes per week

**£125 Members / £135 Non members**

**Kit Hire £10 per term**

Payment for each term must be made in advance by cheque or BACS transfer. Cheques should be made payable to Core Judo Coaching. BACS transfer should be made to account name: Core Judo Academy; NatWest, sort code 60-05-17 and account number 19112440.

\*Mini Judo class sizes are limited to 20 children per class to maximise coaching opportunities. Places are allocated on 'first come, first served' basis so book early to avoid disappointment. Suitable for children aged 4-10 years who have never tried Judo before, this class will often need to be completed before a child is accepted to the Beginner class. Academy places are by invitation.

**To book, contact Jonathon Purssey on  
coach@corejudo.co.uk  
or call 07776 114 673.**

Discover more about Judo at [corejudo.co.uk](http://corejudo.co.uk)  
or speak with the Youth Club team  
on your next visit.

**Core Judo Team Wear is now available to buy:**

Core Judo Kits £40-£45 depending on size

Core Rash vests £25

Core Polo Shirts £25

Core Hoodies £30



# Core Judo

## September – December 201R

Wednesday and Thursday afternoons

[foxhills.co.uk/youthclub](http://foxhills.co.uk/youthclub)

# Foxhills



## What is judo?

A fast, dynamic sport which requires strength, skill, agility and balance, Judo is a modern Olympic sport. In addition to an excellent anaerobic work-out, Judo promotes self-discipline, honour and respect, making it a great sport for children. All participants are taught how to land safely and protect their partner and classes are taught on soft mats.

Mini Judo classes are ideal for children aged 4-10 years who have never tried Judo before. It teaches core gymnastic skills and the fundamentals of Judo such as balance, movement and posture, allowing children to continue to the Beginners class if they wish.

## Your coach

A former double Commonwealth and British Senior champion, Jonathon Purssey retired from competitive judo in 2014 to focus on coaching and encouraging all levels to get involved in the sport. Whether your child participates in Mini Judo for fun or is competing in international tournaments and honing their skills in the Academy class, Jonathon provides a fun and safe environment to learn and develop.

## Class timetable

**Autumn Term (Sept-Dec 2017)**

**No classes during half term for minis**

**Mini's Wednesday 16:00-16:45**

Restart: September 20th

Last class of term: November 29th

**Intermediate Wednesday 16:00-16:45**

Restart: September 13th

Last class of term: December 6th

**Beginner Thursday 16:00-16:55**

Restart: September 13th

Last class of term: December 7th

**Academy Thursday 17:00-18:45**

Restart: September 6th

Last class of term: December 7th

**NEW Saturday Classes: (10 week block)**

Beginner class from 13:00-13:55

Intermediate class from 14:00-15:15

Restart: September 16th

Last class of term: December 9th

No classes on November 25th or December 2nd

## Class timetable

**Winter term (Jan-March 2018)**

**No classes during half term for minis**

**Mini's Wednesday 16:00-16:45**

Restart: January 17th

Last class of term: March 28th

**Intermediate Wednesday 16:00-16:45**

Restart: January 17th

Last class of term: March 28th

**Beginner Thursday 16:00-16:55**

Restart: January 18th

Last class of term: March 29th

**Academy Thursday 17:00-18:45**

Restart: January 18th

Last class of term: March 29th

**NEW Saturday Classes: (10 week block)**

Beginner class from 13:00-13:55

Intermediate class from 14:00-15:15

Restart: January 20th

Last class of term: March 24th

**Spring term (April-July 2018)**

**No classes during half term for minis**

**Mini's Wednesday 16:00-16:45**

Restart: April 18th

Last class of term: June 27th

**Intermediate Wednesday 16:00-16:45**

Restart: April 18th

Last class of term: July 4th

**Beginner Thursday 16:00-16:55**

Restart: April 19th

Last class of term: July 5th

**Academy Thursday 17:00-18:45**

Restart: April 19th

Last class of term: July 12th

**NEW Saturday Classes: (10 week block)**

**Beginner class from 13:00-13:55**

**Intermediate class from 14:00-15:15**

Restart: April 21st

Last class of term: June 27th