



JUDO AND KARATE CLUB SPRING 2024

Judo and Karate Club will run on Tuesdays from 4.00pm – 5.15pm in Langlands Hall. As well as promoting physical activity, judo and karate helps to develop self-discipline, respect and boosts self-esteem. The class will be run by Les Goodwin, a fully trained and experienced coach. Judo or karate suits should be worn for lessons as judo relies on using the suit for throws.

Dates: 16th January 2024 for 10 weeks (excluding half term) until 26th March 2024.

Fees: The cost will be £77.00. Fees should be **paid in full** direct to Les Goodwin, before the start of the club, by **bank transfer**:

Mr L Goodwin

Sort code 23 05 80

Account 13972125 Metro Bank, with your child's surname.

If your child would like to join, please complete the form below and email to Les Goodwin at patio.plus.leslie@gmail.com

If your child does not wish to continue with judo and karate, half a term's notice in writing must be given or fees will be payable.

Any children who would like to do judo and karate as part of their Duke of Edinburgh Award Scheme are welcome to attend; please speak to Les for further advice.

If you have any queries regarding judo and karate, or your child would like to try a taster session, please contact Les Goodwin direct.

.....
Please return to Les Goodwin advising that payment has been made.

JUDO AND KARATE – SPRING 2024

I would like my child..... to attend Karate on a Tuesday afternoon from 4pm – 5.15pm.

I have made a bank transfer to L Goodwin for the fees.

Signed