

# JUDO

Only £65  
10 x 60 Minute  
Classes

10 Week Beginners' Course  
on Thursdays, Starts 6th April

## What?

An introductory 10 week course coached by experienced and licensed British Judo Association black belt instructors.

## When?

Juniors (6yrs - 12yrs)	6.30 - 7.30pm	Tue / Thur
Juniors (12yrs - 16yrs)	7.30 - 8.30pm	Tue / Thur
Adults (16yrs upwards)	8.30 - 9.30pm	Tue / Thur

## Where?

Meadowcroft Community Centre, Meadowcroft,  
Aylesbury, HP19 9HH

## Why?

Judo is a sport that builds fitness and health, self-confidence and long lasting friendship, even potential Olympic medalists.

For more information or to pre-book your place please email us at [admin@renrukan.com](mailto:admin@renrukan.com)

Alternatively - turn up on a club night and have a look.

Experienced and novice players of all ages are welcome to come along and take part in the training sessions.

