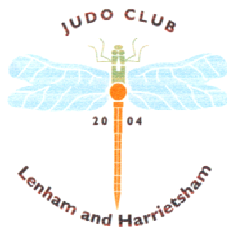


# INVITATION TO **FREE JUDO SESSION**



**Friday April 14th**

**at**

**Lenham Community Hall**

This is an open invitation for you to become involved in Judo. After a very successful first year, Lenham & Harrietsham Judo Club is looking to add Junior (Class 2) and Senior classes to it's current group. We are holding open sessions on Friday April 14th for people to get an opportunity to sample a Judo session with a view to joining.

**Classes are held every Friday at Lenham Community Hall:**

Level	Class	Age-Group	Weekly Fees *	Comment
Juniors (Class 1)	5.30pm - 6.30pm	5 - 10 year	£2.00	(limited spaces)
<i>Juniors (Class 2)</i>	<i>7.00pm - 8.00pm</i>	<i>11 - 14 year</i>	<i>£2.00</i>	<i>(New Class)</i>
<i>Seniors</i>	<i>8.30pm - 9.30pm</i>	<i>15 years onwards</i>	<i>£3.00</i>	<i>(New Class)</i>

- \*Weekly Fee. For those who prefer to pay for a term a 20% discount applies term i.e. 13 weeks = £20.80 Juniors / £31.20 Seniors (28/4 – 21/7)
- Both Beginners and Experienced Judo players welcome
- Strong loose clothing, such as a track suits or rugby shirt is advisable. A limited number of judo suits are available for loan. No zips, buckles, jeans or body jewelry, please
- Please allow up to ½ hour before your session starts to book in.

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## **Here are just some of the things we have managed to achieve in our first year:**

- ✓ Awarded sponsorship from Kent Community Foundation and Local Network Fund
- ✓ Training session hosted by guest international trainer
- ✓ Winners of under 15 team award – Maidstone Youth Sport Achievement Awards
- ✓ Loyal membership – Family orientated, Tea Coffee and refreshments
- ✓ Medal winners at team and individual events at various events at regional level
- ✓ New competition level matting
- ✓ Regular Gradings / Belts for those wishing to develop
- ✓ Excellent clean/modern facilities based at Lenham Village Hall

To make a provisional booking please either phone 01622 859882 (Jane) / 07919 466029 (Terry) or email [winsect@aol.com](mailto:winsect@aol.com) to ensure your place or just come along on Friday and introduce yourself and we will be glad to see you.

Judo is many things to different people. It is a fun sport, an art, a discipline, a recreational or social activity, a fitness program, a means of self-defense or combat, and a way of life. It is all of these and more. For more information, please see attached guide.