

Throw yourself into

# JUDO an OLYMPIC SPORT



Learn JUDO, great for fitness, self defence and making new friends.

## CROYDON JUDO CLUB

Great Club  
Great Fun  
Great Judo

JUDO, the ideal form of physical & mental exercise for improving

- General health
- Overall fitness
- Control
- Spatial awareness
- Stamina
- Integrity

### Classes for over 16s of all abilities

DAY	TIME
Monday	8pm to 9:30pm
Tuesday	8pm to 10pm
Wednesday	7:30pm to 9pm
Friday	8pm to 10pm
Sunday	11:30am to 12:30pm






Take pride in your belt! Show off your abilities and willingness to take on an Olympic sport! Be prepared to compete for your belt in a fun, sociable setting and learn essential life skills along the way. The classes will improve your general fitness, co-ordination and stamina, as well as refining your confidence, self-control and concentration.

[www.Croydonjudo.com](http://www.Croydonjudo.com)

Croydon Judo Club 38 Morland Avenue, Croydon CR0 6EA

Phone No. 020 8656 5888 with answer phone Email: [enquires@croydonjudo.com](mailto:enquires@croydonjudo.com)

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Belt up and learn  
**JUDO** an  
 OLYMPIC SPORT



Learn a new sport, have fun & make friends with us at:

# CROYDON JUDO CLUB

Great Club  
 Great Fun  
 Great Judo

Kids who learn JUDO with us have better:

- Self discipline
- Confidence
- Concentration
- Fitness
- Flexibility
- Respect
- Co ordination

Classes for under 16s of all abilities.

DAY	TIME
Monday	6:30pm to 8pm
Tuesday	6:30pm to 8pm
Wednesday	4:30pm to 5:30pm
Thursday	6:30pm to 8pm
Friday	6 to 7pm & 7 to 8pm



Judo's core values teach children respect, discipline, enhances their concentration and improves their confidence... not forgetting general fitness, flexibility and co-ordination. This safe (no kicking or punching) environment enables children to play and enjoy the sport as well as learning key skills to improve their overall health and mental stamina.

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