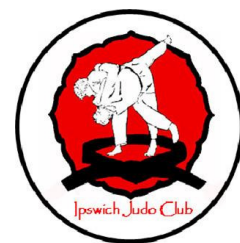


Ipswich Judo Club



JUDO beginners courses 2011 At Northgate Sports Centre

Ipswich Judo Club will be running beginners courses for anyone interested in starting judo. Judo improves your fitness, balance, self-confidence and it's fun.

Beginners courses are 4 weeks long. Starting dates are:

Kano Beginners (5 to 7 year olds):

Monday 6th June 2011
Monday 12th September 2011
Monday 5th December 2011

Junior Beginners (8 to 15 year olds):

Monday 9th May 2011
Thursday 9th June 2011
Monday 4th July 2011
Thursday 8th September 2011
Monday 3rd October 2011
Thursday 3rd November 2011

Your first taster session is FREE. After that, if you wish to continue, a beginners course costs £45. This includes the next 3 sessions, a judo suit and introductory license (valid for 4 months). We also recommend you have Ipswich Judo Club membership (£12 per year). This entitles you to a reduced mat fee of £3 per session following completion of the beginners course.

Seniors (16 and over) are welcome to join at any time. Discounts are available for FULL TIME students and Concessions (please enquire for eligibility). **Your first taster session is FREE.** After that if you wish to continue you will need:

A judo suit	cost: about £30 depending on size
Full BJA license	cost: £37
Ipswich Judo Club Membership	cost: £14.50
Mat fee (IJC club members)	cost: £4 (£3 for student or concession)

For more information or to enrol on a course please contact:

Andy Topliss - Club Chairman & Coach

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