

DESTINATION@**BRITISH**JUDO

ALL STAFF ARE FULLY QUALIFIED AND DBS CHECKED

MONDAY

Langley Park Miner's Institute

Church Street
Durham
DH7 9TZ

Willington

Willington Methodist
Church & Community Centre
Wesley Street
Willington
DL15 0TB

TUESDAY

Bowburn Community Centre

Durham Road
Bowburn
DH6 5AT

WEDNESDAY

Meadowfield Leisure Centre

John Street
Meadowfield
DH7 8RS

THURSDAY

Freeman's Quay Leisure Centre

Walkergate
Durham
DH1 1SW

FRIDAY

Newton Hall Community Centre

Abbey Road
Durham
DH1 5GE

SATURDAY

Spennymoor Leisure Centre

High Street
Spennymoor
DL16 6DB

Sedgefield Scouts Hut

West End, Sedgefield
TS21 2BW

The word Judo consists of two Japanese characters, "Ju" which means gentle and "do" which means "the way". So Judo means the way of gentleness. Judo is a dynamic sport that does not rely on strength but is based on a combination of balance, co-ordination and reaction - all skills that help performance across other sports. Most importantly, judo helps children become more self-confident, disciplined, self controlled and polite. Of course we teach all of this in a fun and controlled way!

SUITABLE FOR CHILDREN AGED 4-15

For more information and to book a FREE introductory session call **0121 728 6987**, email **destination@britishjudo.org.uk** or visit **www.destinationbritishjudo.org.uk**

FREE JUDO KIT

(WORTH £40) UPON ENROLMENT*

*OFFER IS AT THE DISCRETION OF BRITISH JUDO



www.destinationbritishjudo.org.uk

WORKING IN PARTNERSHIP WITH SSP'S AND SGO'S