



# DRAGON JUDO CLUB

New research published by Sport England shows that JUDO has one of the highest satisfaction levels in sport.

**At Fullbrook Sports Centre  
every Wednesday**

**4 to 7 years old 5.00 to 6.00 pm  
7 to 14 years old 6.00 to 7.00 pm  
15 + years old 7.00 to 8.00 pm**

**For Boys & Girls  
Suitable for all levels of experience &  
fitness**

*ADULT CLASSES ALSO AVAILABLE HELD AT  
NEW HAW & WALTON-ON-THAMES*

*LEARN HOW TO FALL SAFELY, SELF-DEFENCE,  
GET FIT & HAVE FUN IN A RELAXED & FRIENDLY  
ATMOSPHERE.*

*FOR FURTHER INFORMATION CONTACT  
GRAHAM MOORE*

*01932 248441 or 07976 656791*

