

CLASSES



TOTS (and parents) –

3 and 4 years. Monday and Friday's 5.30 to 6pm.

£4 per class or £16 per month. (You can attend any TOTS class)

SEN/Adaptive (and parents) 5 to 13 years

Wednesday's 5.30 to 6pm.

£4 per class or £8 per month.

(sorry but there is no wheelchair/pram access)

Under 8's – 5, 6 and 7 years

Tuesday and Thursday's 5.30 to 6.15pm.

£5 per class or £20 per month. (You can attend any U8 class)

Junior – 8 to 13 years

Monday, Wednesday and Friday's 6 to 7.15pm.

£6 per class or £40 per month.

(You can attend any Junior class and junior circuit class)

Senior – 14+ years

Monday (Randori), Tuesday (a bit of everything),

Wednesday (Newaza and transition) and Friday's (a bit of everything)

7.15 to 9pm. £7 per class or £50 per month.

(You can attend any senior class and senior circuit class)

Circuits – Junior 8 to 13 years -

Tuesday's 6.15 to 7.15pm – fun and fitness

Senior 14+ years

Thursday's 6.15 to 7.15pm

£5 per class (non judo players welcome)

Squad – Junior and Senior ages invite only!

Thursday's 7.15 to 9pm.

Free to Wirral JC Squad members. £5 to visitors, invited and non-members.

If you are attending a minimum of 2 classes a week regularly on the Junior or

Senior classes you may be invited to become part of our 'Wirral Judo Club Squad'.

As well as your normal training you will be invited to take part in our squad sessions.

These are also for players on the NW, REDS, ETD and GB squads.

Some sessions the younger children will not be able to attend.

Families

Buy 1 get 1 half price! (members from the same household),

highest price - full price, 2nd member half price,

3rd member full price etc.



CLUB



Wirral Judo Club

(British Judo Association Regional England Talent Development Club)

Unit 1B
106 Bridge Street, (Corner of Sandford Street)
Birkenhead,
Wirral,
CH41 1AN

New venue, with a permanent 126m² mat area.

The area around the club is all metered parking till 6.30pm, to help with the added expense we will be offering free teas and coffees every evening.

From ages 3 and above.
Classes to suit all abilities. Beginner to international.

Generous monthly fees.
Fully qualified BJA coaches-all DBS checked.

Contact. **Chris: 07812215937 or Anne: 07751753986**

- **Competitive Fun**
- **Gradings**
- **Health & Fitness**
- **Self Defence**
- **Increase Confidence**
- **Increase Concentration**
- **Discipline & Respect**
- **A Great Olympic Sport**

*Generous monthly fees.
Fully qualified BJA coaches-all DBS checked.*

Your first lesson is free
(Judo Suit is Provided)

