



Getting Started

Getting started with us is simple.

Just come along to a class and either watch or join in so you get a feel for what really goes on in a karate class. You can join in **TWO FREE TRIAL LESSONS** to help you decide whether or not you wish to continue training. You don't need to buy any equipment. For your free sessions, just wear comfortable sports clothing e.g. tracksuit bottoms and a t-shirt. ***If you decide to become a member of our club you will be given a karate suit (called a gi).***

Our Classes

We welcome beginners and experienced practitioners alike.

Beginners are divided into groups according to age.

Class content is tailored to meet the requirements and abilities of these groups.

To help families we have designed our timetable so siblings and whole families can train at the same time.

We have **two training venues** in Shrewsbury – the Belvidere Senior School Sports Centre and the Meole Brace Senior School gym. Details and maps can be found on our website.

Details of our classes for beginners and other new members are set out below:

	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<i>Venue</i>	<i>Belvidere</i>	<i>Meole Brace</i>	<i>Belvidere</i>	<i>Belvidere</i>
KARATE KIDS (ages 5 – 7 years)	5.30 – 6.30 pm	5.45 – 6.45 pm	5.30 – 6.30 pm	10.00 – 11.00 am
CADETS (ages 8 – 11 years)	5.30 – 6.30 pm or 6.30 – 7.30 pm	5.45 – 6.45 pm	5.30 – 6.30 pm or 6.30 – 7.30 pm	10.00 – 11.00 am
JUNIORS (ages 12 – 15 years)	6.30 – 7.30 pm	6.45 – 8.15 pm	6.30 – 7.30 pm	10.00 – 11.00 am
ADULTS (ages 16+ years)	6.30 – 7.30 pm	6.45 – 8.15 pm	6.30 – 7.30 pm	10.00 – 11.00 am

Please feel free to telephone us if you have any questions: (01743) 873013