

THE FUN
MARTIAL ARTS
TRAINING SYSTEM
FOR CHILDREN 3-5
YEARS OLD



- Learn Through Play
- Improve Balance
- Develop Flexibility
- Increase Self Confidence
- Have Fun
- Co-ordination
- Learn Respect
- Learn Basic Self Defence

MANCHESTER

Urmston, St Clements Church Hall - Monday 3.30pm-4.15pm
Worsley, The Beehive Community Centre - Tuesday 4.00pm-4.45pm
Swinton, Fletcher Hall - Tuesday 6.15pm-7.00pm

WIGAN

Golborne High School - Monday 6.15pm-7.00pm
Palace Dance Studios (Hindley) - Wednesday 4.00pm-4.45pm
Abram Community Centre - Thursday 4.00pm-4.45pm
Hawley Hall High School - Thursday 6.15pm-7.00pm
St Peter's Catholic High School (Orrell) - Saturday 9.00am-9.45am

All Instructors are fully qualified and insured to teach and have also completed an Enhanced Disclosure/DBS check.



Limited spaces available. Book your **FREE TRIAL LESSON** online now at

WWW.UKTC.CO.UK

or phone 01786 845060

FREE TRIAL LESSON



TAEKWON-DO CLASSES FOR ALL AGES (5 YEARS+) OVERLEAF

UNITED KINGDOM TAEKWON-DO COUNCIL

FITNESS
& SELF
DEFENCE
CLASSES

TAEKWON-DO

FOR KIDS
(5YRS+),
YOUTHS
& ADULTS



TAEKWON-DO - the worlds most
popular martial art taught by the UK's
leading Taekwon-Do organisation.
Ideal for all ages (9 years +).



ACTIVE TIGERS for boys and girls aged 5-8 years is
the fun and safe Martial Arts training programme
that will help improve their fitness, self
confidence, self discipline, coordination, flexibility,
and teach them effective self defence skills.

MANCHESTER

URMSTON - St Clements Church Hall Monday 4.15pm-5.15pm
WORSLEY - The Beehive Community Centre Tuesday 4.45pm-5.45pm
SWINTON - Fletcher Hall Tuesday 7.00pm-8.00pm

WIGAN

Golborne High School Monday 7.00pm-8.00pm
Palace Dance Studios (Hindley) Wednesday 5.00pm-6.00pm
Abram Community Centre Thursday 4.45pm-5.45pm
Hawley Hall High School Thursday 7.00pm-8.00pm
St Joseph's Primary School (Wrightington) Friday 6.30pm-7.30pm
St Peter's Catholic High School (Orrell) Saturday 10.00am-11.00am

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LITTLE TIGER CUBS CLASSES FOR 3-5 YEAR OLDS OVERLEAF