

Please x Times	Age Group	Details	Coach	Term Fee
MONDAYS 19/7/10 - 20/9/10 (10 weeks)				
<input type="checkbox"/>	4.00 - 5.00pm	5 - 6yrs	Warren	\$180
<input type="checkbox"/>	5.00 - 6.00pm	7 - 10yrs	Warren	\$180
<input type="checkbox"/>	6.00 - 7.00pm	10 - 14yrs	Warren, Mic, Phil	\$265
TUESDAYS 20/7/10 - 21/9/10 (10 weeks)				
<input type="checkbox"/>	9.15 - 10.00am	3 - 4yrs	Warren	\$190
<input type="checkbox"/>	10.15 - 11.00am	3 - 4yrs	Warren	\$190
<input type="checkbox"/>	4.00 - 5.00pm	5 - 6yrs	Warren	\$180
<input type="checkbox"/>	5.00 - 6.00pm	7 - 10yrs	Warren	\$180
<input type="checkbox"/>	6.00 - 7.00pm	10 - 14yrs	Phil	\$265
WEDNESDAYS 21/7/10 - 22/9/10 (10 weeks)				
<input type="checkbox"/>	9.15 - 10.00am	3 - 4yrs	Warren	\$209
<input type="checkbox"/>	10.15 - 11.00am	3 - 4yrs	Warren	\$209
<input type="checkbox"/>	4.00 - 5.00pm	5 - 6yrs	Warren	\$180
<input type="checkbox"/>	5.00 - 6.00pm	7 - 10yrs	Warren	\$180
<input type="checkbox"/>	6.00 - 7.30pm	10 - 14yrs	Warren, Mic, Phil	\$265
THURSDAYS 22/7/10 - 23/9/10 (10 weeks)				
<input type="checkbox"/>	9.15 - 10.00am	3 - 4yrs	Warren	\$190
<input type="checkbox"/>	10.15 - 11.00am	3 - 4yrs	Warren	\$190
<input type="checkbox"/>	3.15 - 4.00pm	3 - 4yrs	Warren	\$190
<input type="checkbox"/>	4.00 - 5.00pm	7 - 10yrs	Warren	\$180
<input type="checkbox"/>	5.00 - 6.00pm	7 - 10yrs	Warren	\$180
FRIDAYS 23/7/10 - 24/9/10 (10 weeks)				
<input type="checkbox"/>	3.45 - 4.30pm	3 - 4yrs	Warren	\$190
<input type="checkbox"/>	4.30 - 5.30pm	7 - 12yrs	Warren	\$180
<input type="checkbox"/>	5.30 - 7pm	9 - 10yrs	Warren	\$210
SATURDAYS 24/7/10 - 25/9/10 (10 weeks)				
<input type="checkbox"/>	8.30 - 9.30am	5 - 6yrs	Dawn	\$180
<input type="checkbox"/>	9.30 - 10.30am	7 - 10yrs	Dawn	\$180
<input type="checkbox"/>	10.15 - 11.00am	3 - 4yrs	Azita	\$190
<input type="checkbox"/>	11.00 - 11.45am	3 - 4yrs	Azita	\$190
<input type="checkbox"/>	12.00 - 1.00pm	5 - 6yrs	Warren	\$180
<input type="checkbox"/>	1.00 - 2.00pm	7 - 10yrs	Warren	\$180
<input type="checkbox"/>	2.00 - 3.30pm	10 - 14yrs	Warren, Mic, Phil	\$265

\$15 discount if fees paid BEFORE 1st class of the term. For further info please call UNSW Judo 9385 4725.

Childs Name: _____ Date of Birth: _____

Address: _____

Postcode: _____ School: _____

Emergency Contact Details: H: _____ W: _____ M: _____

Optional information email: _____ Occupation: _____

The UNSW Judo Club do not accept any liability for personal injury, property damage or loss sustained by any participant as a result of his or her participation in the program due to any cause whatsoever unless caused by the proven negligence of the UNSW Sport and Recreation, its directors and employees.

I authorise staff to provide First Aid if required Yes No Signed Parent/Guardian: _____

Parent/Guardian Name: _____

Expiry

Cardholders Name: _____ Authorising Signature: _____

Date: _____

Amount to be deducted \$ _____

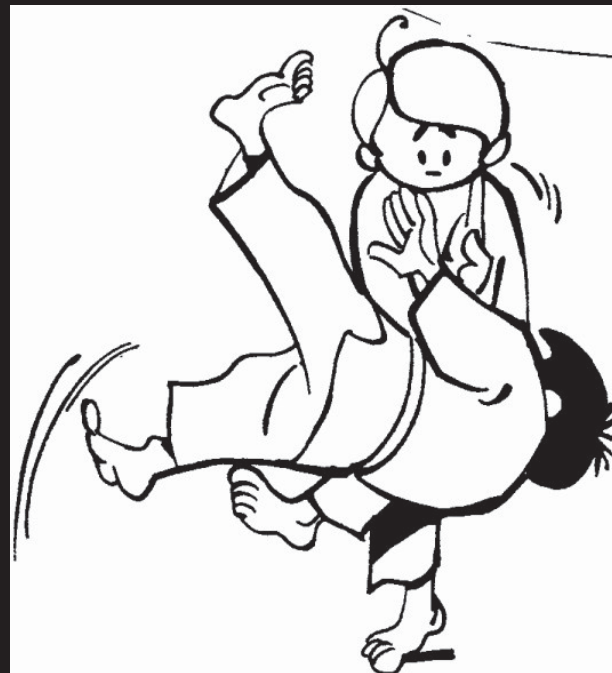
Payments can also be made over the phone by calling **UNSW Judo on 9385 4725**

or by cheque to: **UNSW Judo Club**

Mail to:

**UNSW Judo Club
Kids Judo Program
UNSW Fitness & Aquatic Centre
UNSW Kensington NSW 2052**

JUDO 4 KIDS



Ph: 9385 4725

www.unswjudo.net.au

Term 3 2010



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Kids Judo

The Kids Judo program at the University of New South Wales started in 1996 with 2 classes a week. We now have 23 classes a week in six age groups and over 230 children enrolled each term.

Mini Kids Judo 3 - 4 years

These classes develop the core skills of movement with a leaning towards basic Judo movements - safe falling - jumping - balance - contact awareness, as well as developing concentration and self confidence in a games structured environment. Games are developed to create the awareness of the desired skills of Judo with lots of fun and laughter.

5 - 6 years

These classes develop the core skills of Judo - safe falling - balance - contact awareness. The classes are conducted in a games environment where the games are structured to create awareness of the desired skill, Big Ball Sumo, Pillow fights and Crash Mat battles are just some of the fun games the children play.

7 - 8 years

These classes develop specific Judo skills but with a high "game" element. Safe falling skills are more developed to increase the ability to relax during the fall. Gradings commence in this age group.

9 - 10 years

These classes develop throwing and groundwork techniques with games designed to challenge mentally and physically. Techniques taught are required for gradings.

11 - 13 years

These classes develop throws, groundwork techniques and overall body strength. Classes develop strategy with a focus on competition depending on individual player's maturity.



About the club

The University of New South Wales Judo Club was started in 1956. Since then the club has grown to be the largest judo club in Australia with over 200 registered members.

The club caters for many levels of judo players. Our members range from players that come to training once a week to learn and keep fit, to reps on the national team who train virtually every day. We also have self defence classes based on judo techniques, and childrens classes from 3 - 14 years of age, where the emphasis is on fun, maximum movement and falling safely.

The club has a history of successful competitors and we have had many club members represent Australia at World championships and Olympic Games.

Mark Carew - 1980
Andrew Richardson - 1984
Warren Rosser - 1988
Natalie Galea - 1996
Semir Pepic - 2004
Sonya Chervovsky - 2004
Semir Pepic - 2008
Janelle Shepherd - 2008

As the club is close to the city, we also regularly attract many international visitors.



For further information contact **Warren Rosser on 9385 4725.**
For information on other Judo clubs in NSW call **Judo NSW on 8116 9705** or go to www.judonsw.com.au.