

Claim your first **free** session at:

# **ADDINGTON JUDO CLUB**

Boasting 170sqM of mats and an internal membership of 85+ students we can cater for all ages and abilities,  
Come and see what you could achieve and unlock your potential to work your way toward the coveted Black Belt!



Founded in 1954, Addington Judo Club is Registered with the BJC (British Judo Council) and is a Non-Profit community club,  
We encourage Fun, social interaction and Learning of all levels and aspects of Judo, from in-club practice to international level competition.



**TUESDAYS AND THURSDAYS**  
**AT THE NEW ADDINGTON LEISURE CENTRE,**  
**Pay monthly from £15-£20. **First session free!!!****

Email:  
[Addingtonjudoclub@yahoo.co.uk](mailto:Addingtonjudoclub@yahoo.co.uk)  
Facebook:  
Addington Judo Club

**Training times**  
5-9 Yrs, 19:15 - 20:10  
10-16 Yrs, 20:10 - 21:15  
14 and over, 20:15 - 21:45

Call Gareth Merredew, 4<sup>th</sup> Dan, Head Coach: 07415236083.  
Or Steve Merredew B.E.M, 6<sup>th</sup> Dan, Technical Officer: 07889762818.

