



JUNIOR COACHING



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01279 621500



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Karate

Come along to Harlow Leisurezone's very own Karate sessions. Ideal for beginners these sessions teach the basics of the great martial art of Karate.

You will be able to progress onto higher levels, achieving coloured belts. These sessions are great for fitness and flexibility. Coached by highly qualified and experienced instructors.

Mondays:

16:00-17:30 (Beginners)

Fridays:

16:00-17:30 (Beginners/Intermediate)

17:30-19:00 (Advanced)

Age: 5 years +

Cost: £58 per 10 week course

Please enquire via:

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Junior Trampolining

At Harlow Leisurezone we offer fun and friendly trampoline lessons for children and young people. The classes follow the British Gymnastic Award Scheme where you can pass different levels and gain certificates and badges.

We also host a competitive club who train throughout the week and attend local, regional and national competitions.

Mondays: 16:00-19:00

Thursdays: 16:00-19:00

Saturdays: 10:00-13:00

Age: 5 years +

Cost: £58 per 10 week course
(1 hour session)

An annual Junior membership is required for both courses and is available for only £7.70. Please ask at Reception to register.

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Prices correct
until April 2024