



Central Academy October Camp 2009

WEDNESDAY 14TH OCTOBER
& FRIDAY 16TH OCTOBER
10.00am to 1.00pm



Open to all ages and grades

CARRONSHORE COMMUNITY CENTRE

CLASSES WILL INCLUDE:

CIRCUIT TRAINING

PATTERNS

PAD WORK

DESTRUCTION

DEMONSTRATION TECHNIQUES

FITNESS & FUN

**EXTRA PREPARATION FOR
COLOURED BELT GRADINGS**



ONLY £8 PER DAY

SPECIAL RATE £14 FOR 2 DAYS

Price includes a healthy snack of fruit, veg & water

To book a place email masterbailey@centraltkd.co.uk or phone Angie on **557004**

Or speak to your club secretary

Full payment required on booking – Deadline for bookings Monday 12th October
Limited spaces so book early