



# JUNIOR COACHING



[info@harlowleisurezone.co.uk](mailto:info@harlowleisurezone.co.uk)  
[www.harlowleisurezone.co.uk](http://www.harlowleisurezone.co.uk)  
01279 621500



# JUNIOR COACHING



## 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:** £55 per 10 week course

Please enquire via:

[info@harlowleisurezone.co.uk](mailto:info@harlowleisurezone.co.uk)

## Junior Trampolining

Harlow Leisurezone has an extensive trampoline programme and offers classes suitable for beginners through to National Competitors.

Designed for children, these sessions provide a basic introduction for children with no or little experience of trampolining.

A great way to start trampolining with lots of fun and fitness, these sessions will take you through the basics of trampolining and progress onto more difficult moves. You will also be working in line with the British Gymnastics award scheme to achieve various levels and obtain badges and certificates.

**Mondays:** 16:00-19:00

**Thursdays:** 16:00-19:00

**Saturdays:** 10:00-13:00

**Age:** 5 years +

**Cost:** £55 per 10 week course  
(1 hour session)

**An annual Junior membership is required for both courses and is available for only £7.30. Please ask at Reception to register.**

**Book now!**  
**01279 621500**

Prices correct  
until April 2023