



Supporting children with additional needs, relatives & friends

## Saturday Multi-Sports Club Ages 18-25 yrs, 12.15-1.15pm Jan-Feb 2022 - Taekwondo

### Multi Sports Club for ages 18-25 years!

For our next half term with our over 18's Multi Sports Club we are doing 5 weeks of Taekwondo with Nic from New Forest Taekwondo. Nic will be guiding you through some fantastic drills—all you need is lots of enthusiasm and a can do attitude. The session will include pad drills, self-defence moves, balance skills, stretches and plenty of taekwondo themed game play.

Here's the details for these sessions...



 NEW FOREST  
TAEKWONDO

**When?** Sat 15th Jan, 22nd Jan, 29th Jan, 5th Feb, 12th Feb

**Where?** Ashley Junior School, Normans Way, New Milton, BH25 5FN

**What Time?** From 12.15-1.15pm

**How much?** £25 for 5 sessions

The sessions are for young people with additional needs from 18 to 25 years old.

Let us know if you want to come along asap

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