



Saturday Multi Sports Sessions Ages 7-25yrs, 11.30am-12.45pm Feb-March 2024 – Taekwondo!

We have 5 Taekwondo sessions planned for Jan/Feb 2024 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.

The sessions are for children with additional needs from 7 to 25 years (combined age group for this half term). Parents do not need to stay with their child as support workers and volunteers will be there to help them during the session.



When? Sat 24th Feb, 2nd March, 9th March, 16th March, 23rd March
Where? Ashley Junior School, Normans Way, New Milton, BH25 5FN
What Time? From 11.30am-12.45pm
How much? £30 for 5 sessions

Spaces are limited – due to high numbers for multi sports recently, we may need to have a waiting list if we are oversubscribed. Please let us know by **Mon 12th Feb** if you would like a place this half term – we will confirm places shortly after that.

For further information contact Lucinda Dowson, Scarf Programme Coordinator on 07874 221249 or email scarfnewforest@gmail.com.

Scarf Charity Number 1015081

Website: www.scarfnewforest.org