



SUMMER CAMP

CAMP 1 - WED 7th AUGUST
CAMP 2 - FRI 9th AUGUST
CAMP 3 - WED 14th AUGUST
CAMP 4 - FRI 16th AUGUST

TIMES - 10.00am to 1.00pm

Open to all ages and grades

CARRONSHORE COMMUNITY CENTRE

CLASSES WILL INCLUDE:

FITNESS & FUN
CIRCUIT TRAINING
PAD WORK
COMPETITIONS & PRIZES

ONLY £15 PER DAY

Or 2 DAYS - £25.00/3 DAYS - £40.00/4 DAYS - £50.00

Price includes a healthy snack of fruit, veg & water
(No dobok required – t-shirts and joggers)

To book a place email info@central-taekwondo.com or
phone Angie on **557004/07847 388 167**

Full payment required on booking
Limited spaces so please book early