

UNITED KINGDOM TAEKWON-DO COUNCIL

FITNESS
& SELF
DEFENCE
CLASSES

TAEKWON-DO

FOR KIDS
(5YRS+),
YOUTHS
& ADULTS

UKTC
30 YEARS
1982-2012



TAEKWON-DO - the worlds most popular martial art taught by the UK's leading Taekwon-Do organisation. Ideal for all ages (9 years +).



ACTIVE TIGERS for boys and girls aged 5-8 years is the fun and safe Martial Arts training programme that will help improve their fitness, self confidence, self discipline, coordination, flexibility, and teach them effective self defence skills.

BOLTON

Turton High School Wednesday 5.30pm-6.30pm

MANCHESTER

URMSTON - St Clements Church Hall Monday 4.15pm-5.15pm
WORSLEY - The Beehive Community Centre Tuesday 4.45pm-5.45pm
SWINTON - Fletcher Hall Tuesday 7.00pm-8.00pm

WIGAN

Golborne High School Monday 7.00pm-8.00pm
Abram Community Centre Thursday 4.45pm-5.45pm
Hawley Hall High School Thursday 7.00pm-8.00pm
St Thomas' Church Hall (Ashton-in-Makerfield) Friday 4.30pm-5.30pm
St Joseph's Primary School (Wrightington) Friday 7.00pm-8.00pm
St Peter's Catholic High School (Orrell) Saturday 10.00am-11.00am

All instructors are fully qualified and insured to teach and have also completed an Enhanced Disclosure/DBS check.

Limited spaces available. Book your **FREE TRIAL LESSON** online now at

WWW.UKTC.CO.UK

or phone 01786 845060

FREE TRIAL LESSON



LITTLE TIGER CUBS CLASSES FOR 3-5 YEAR OLDS OVERLEAF



THE FUN
MARTIAL ARTS
TRAINING SYSTEM
FOR CHILDREN 3-5
YEARS OLD



- Learn Through Play
- Improve Balance & Co-ordination
- Develop Flexibility
- Learn Respect
- Increase Self Confidence
- Learn Basic Self Defence

BOLTON

Turton High School - Wednesday 4.30pm-5.15pm

MANCHESTER

Urmston, St Clements Church Hall - Monday 3.30pm-4.15pm
Worsley, The Beehive Community Centre - Tuesday 4.00pm-4.45pm
Swinton, Fletcher Hall - Tuesday 6.15pm-7.00pm

WIGAN

Golborne High School - Monday 6.15pm-7.00pm
Abram Community Centre - Thursday 4.00pm-4.45pm
Hawley Hall High School - Thursday 6.15pm-7.00pm
St Joseph's Primary School (Wrightington) - Friday 6.15pm-7.00pm
St Peter's Catholic High School (Orrell) - Saturday 9.00am-9.45am

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TAEKWON-DO CLASSES FOR ALL AGES (5 YEARS+) OVERLEAF

