

## WOMEN AND GIRLS ONLY SESSION

British Judo Association would like to invite you to attend a Women and Girls only session in the Yorkshire and Humberside region. Don't miss this fantastic opportunity to meet and train alongside your female friends in a fun, challenging and interactive learning environment.

These sessions are being organised as part of the BJA Women and Girl's initiative (which is funded through Sport England). It is important that we have your support on this initiative in order to develop female judo within the BJA.

No prior registration is required - just turn up on the day. If you like you can drop **Dermot Heslop** an email: [Dermot.heslop@britishjudo.org.uk](mailto:Dermot.heslop@britishjudo.org.uk) or Telephone: 07976216447.

If there are any women out there interested in learning more about this initiative, or want to be involved in supporting it, please contact **Joyce Heron** (BJA Technical Officer - e-mail: [joyceheron@britishjudo.org.uk](mailto:joyceheron@britishjudo.org.uk), mobile: 07967 773813).

**Venue:**

Goole Leisure Centre  
North Street,  
Town Centre,  
Goole  
DN14 5QX

**Book-in:**

12.30pm – 1.00pm

**Session Time:**

1.00pm– 5.00pm

**Date:**

Saturday 6<sup>th</sup> February 2010

**Cost:**

£5.00

**Coaches:**

Dermot Heslop (BJA Technical Officer)

Kerry Finney (BJA Technical Officer)

