

Our Ref:  
Your Ref: Judo Cluster  
Contact:  
Tel:  
Fax:  
Email:  
Date: 9 January 2017



East Renfrewshire Culture  
& Leisure Limited  
St John's Campus  
Ground Floor  
18 Commercial Road  
Barrhead  
G781A

Dear Parent/Carer

### **ProJudo – Judo Sessions for Beginners: P1-7**

Your child has received a Judo taster session from ProJudo Head Coach, Brian Long. The idea of taster sessions within schools is to give children an opportunity to experience a new sports/activity that they may have not participated in locally. The children really enjoyed the judo session and were enthusiastic about the prospect of joining a judo club in East Renfrewshire. ProJudo has been established since 2006, with 19 clubs across the West of Scotland it is the largest Judo provider in Schools. All coaches are fully qualified and the organisation has a pathway in place to progress children from grass roots to performance athletes.

The blocks and sessions available in the local area are listed below.

#### **Monday: Starts: Monday 16th January 2017 @Whitecraigs Rugby club**

3.45-4.45pm P1-P7

#### **Tuesday- Starts: Tuesday 17<sup>th</sup> January 2017 @ Macabi centre Giffnock**

4.00-4.45 pm P1, 2 ,3

4.45-5.45pm P4,5,6 and 7

#### **Wednesday- Starts Wednesday 18<sup>th</sup> January 2017 @ St Ninians High School**

4.00-4.50 pm P1, 2 ,3

4.50-5.50pm P4,5,6 and 7

#### **Friday – Starts Friday 20<sup>th</sup> January 2017 @Eastwood High School**

4.00-4.50 pm P1, 2 ,3

4.50-5.50pm P4,5,6 and 7

#### **Saturday- Starts Saturday 14<sup>th</sup> January 2017. @ Parklands country club**

9.00-9.50am p1,2,3

9.50-10.50pm p4,5,6 and 7

If your child is interested in attending any of the above sessions please email Brian Long at [admin@projudo.co.uk](mailto:admin@projudo.co.uk) and state your child's name, school, age and what centre they wish to attend. The block will run for 4 weeks at a cost of £12 for the block, this fee should be paid on the first week

If you need any further information please email or phone Brian Long on 07974377353.

Yours sincerely,

*Marie Baxter- Active Schools Co-ordinator*

*Brian Long- Pro Judo*