



# Summer "Karate Tots" Classes

The *Kugatsu Karate-Do* (in partnership with *McCann Sport and Exercise Services*) is running their **KARATE TOTS CLASS** over the summer holiday period in Scotstoun Stadium (Scotstoun Leisure Complex, Danes Drive, Glasgow) on Thursday afternoons from 1.00 - 2.00 p.m.

*Thursday 1<sup>st</sup> July*  
*to*  
*Thursday 12<sup>th</sup> August*

**KARATE TOTS** classes are for all children aged 3 - 5 years (accompanied by a responsible adult). The sessions will introduce very basic karate skills aimed at improving balance, coordination, fitness and having fun. Classes will actively involve **both** the children and the adults!!! All fees are payable per child.

*Block bookings only - £18.00 (7 classes)*

**PLACES ARE STRICTLY LIMITED**

*(Book a place now to avoid disappointment)*

*Please contact Graham on 07885 954 223 or [graham@sportandexercise.co.uk](mailto:graham@sportandexercise.co.uk) for more information.*