Ju-Jitsu classes at Arnside Primary School.

Activ8 are pleased to be running Ju-jitsu self defence classes at Arnside Primary School every Tuesday 3:15-4:15pm for KS1 and 4:15-5:15PM FOR KS2. (There may be spaces available for siblings of different key stage to attend together, please enquire) It is now time to enrol students for next half term. We focus on anti-bullying, building confidence and discipline. **Our classes will start on Tuesday 11th January** (application form required before class)

Our class is open to all children in the school. We accept payment by cash or BACS Account details: Activ8 self defence Account number: 10145181 Sort code: 16-23-31 please reference "childsnamearnside"

If your child would like to attend the club, please fill in the application form overleaf in relation to the person who will be training. Then bring it along to our class after school on Tuesday, leave it in the school office for us to collect or email a copy to us directly.

The cost of the sessions will be £30 for each half term.

All you need to initially wear is suitable sports attire e.g. jogging bottoms and a t-shirt.

If you have any enquiries, feel free to contact Sensei Rachel on 07903039992 or email activ8selfdefence@gmail.com

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Activ8 After school club application form

Child's name:.....

KEY STAGE 1 (3:15-4:15) ,

2 (4:15-5:15)

Contact number.....

Contact Email .....

Guardian's Signature .....

*By text or email prior to the class.

Any medical/ learning needs or requirements should be made known to the instructor.* **NOTE: Please be aware that during the lesson your child / children may have to be manually helped by an Instructor, by moving their arms or legs into position. By signing the declaration you are agreeing to an Instructor being allowed to do this. DECLARATION** I understand that Jujitsu is a demanding martial art based on striking, locking and throwing techniques and is thus classified as a FULL CONTACT sport. I accept that my child is participating on a voluntary basis and has been made aware of the nature of the art and the risks involved. I declare that I have understood the nature of Jujitsu and that the information I have given is full and accurate.