



**Karate**  
**Scott Aged 11**



## **KARATE CLUSTER CLUB**

Returning for Term 3 15/16, following the successful taster sessions last year, Active Schools welcomes back Karate with David Mutch to the Meldrum Network programme. Fun, interactive and progressive sessions that will boost your fitness and teach you new skills and improve your balance and coordination.

Open to P1-S2 Boys and Girls, free to attend. Max 20 per session with no special kit required. All sessions are held in the small games hall, Meldrum Academy from Wednesday 24<sup>th</sup> February to Wednesday 23<sup>rd</sup> March 2016 from 6pm – 7pm.

To receive a consent form and to book your place please contact [malcolm.grant@aberdeenshire.gov.uk](mailto:malcolm.grant@aberdeenshire.gov.uk)