



POOL TRAINING SEMINAR

WITH SENSEI STUART WISEMAN & DARREN TAPLIN

Don't miss this chance to challenge yourself with some Karate based water activities at our Pool Training Seminar. Have a go at resistance training and have fun at the same time with the regions Senior Instructors.

SUNDAY 19 MAY 12.15 - 1.45pm

Academy Sports Centre

Northumberland Ave, Whitley, Reading RG2 8DF

Cost: £15 per person, £14 each for a family of 2, £13 each for a family of 3+
50% Discount for Direct Debit & Training Pass Holders

All grades welcome ■ Please make sure to wear appropriate swimwear

Please arrive 30 minutes early to sign in and for a quick briefing on pool safety



GKR KARATE
STRONG • HUMBLE • BRAVE



Pool Training Seminar ■ Pre-booking payment

Students Name:

Instructors Signature: Amount Paid:..... Date Paid:.....

Please note: this slip is to be completed and returned to your Instructor with your payment.
Seminars and Special Classes are strictly non-refundable.