

Little Ninjas at Senshin Sports!



Class Description

Join our Little Ninjas class and watch your child develop essential physical skills, confidence, and a love for movement in a safe and supportive environment. This program is perfect for children aged 4 to 6 years, providing an exciting introduction to physical activity that's both fun and engaging.

The Little Ninjas Program is specially designed to build foundational judo-related skills through a variety of playful yet structured activities. Children will navigate obstacle courses, participate in functional exercise stations, and enjoy movement-based games that emphasize key physical abilities like agility, balance, coordination, and flexibility.

We aim to nurture not just physical development but also important life skills, such as teamwork, listening, and self-discipline. Your child will gain confidence in their abilities while having a blast with our age-appropriate exercises and fun challenges.

Class Schedule:

- Wednesdays at 5 PM in Athenry

Why Join this class?

Our classes are designed to be fun and interactive, ensuring every child feels encouraged and supported as they build a solid foundation for future physical and mental growth. The Little Ninjas program will leave your child with an improved sense of body awareness, increased self-confidence, and a passion for movement that will last a lifetime.

Sign your child up today and let them experience the joy of learning and growing in a playful, nurturing environment!

Active Start Judo at Senshin Sports!



Class Description

Join our Active Start Judo program and introduce your child to the basics of judo in a fun and engaging way. Designed for children aged 6 to 7 years, this program focuses on developing their physical abilities, coordination, and body awareness while instilling important values like discipline, respect, and sportsmanship.

The Active Start Judo Program is specially structured to build foundational judo skills through a variety of activities, including interactive drills, basic judo movements, and games that enhance balance, strength, and coordination. Our classes offer an exciting and supportive environment where children can gain confidence, improve fitness, and learn the core principles of judo.

Class Schedule:

- Tuesday & Thursdays at 6 PM in Galway
- Mondays at 5 PM in Athenry

Why Join this class?

Our Active Start Judo classes are designed to be both fun and educational, ensuring each child feels encouraged and supported as they begin their judo journey. Through structured activities, they'll develop physical skills and important life lessons, such as teamwork and self-discipline. The program will leave your child with increased body awareness, confidence, and a solid foundation for future growth in judo and beyond.

Sign your child up today and let them experience the joy of learning and growing in a playful, nurturing environment!



Senshin Sports

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Welcome to Fundamentals Judo at Senshin Sports!



Class Description

Join our Judo Fundamentals program, designed for children aged 8 to 12 years, and give your child a structured, engaging introduction to the core skills and principles of judo. This program is perfect for children who are continuing from the Active Start program, as well as older children who are starting judo for the first time or returning after a break.

The Judo Fundamentals Program focuses on building a solid foundation in judo techniques through a structured and progressive learning experience. Children will learn important skills such as throws, holds, and movement patterns, all while developing agility, strength, and coordination. In addition to physical development, we emphasize important values like discipline, respect, and sportsmanship, ensuring your child grows both physically and mentally in a supportive and safe environment.

Class Schedule:

- Mondays and Wednesdays at 6 PM in Athenry
- Tuesdays and Thursdays at 6 PM in Galway

Why Join this class?

Our Fundamentals Judo classes are designed to provide a safe and enjoyable environment where children can develop their judo skills and confidence. By participating in progressive and structured training, your child will be well-prepared for further advancement in judo. The program promotes physical fitness, mental focus, and teamwork, setting the foundation for success in both judo and everyday life.

Sign your child up today and watch them build the strength, skills, and confidence needed for their judo journey!

Welcome to Fighting Fit Judo at Senshin Sports!



Class Description

Join our Fighting Fit program and help your child elevate their judo training. Designed for children aged 8 to 13 years, this program offers a more intense training experience focused on the physical, technical, and mental skills necessary for higher-level judo and potential competition.

In the Fighting Fit Program, your child will work on building physical strength, improving advanced judo techniques, and developing the mental resilience required for competition. Classes include strength and conditioning exercises, advanced judo skills, and strategies for preparing for competitive judo. Whether your child is looking to enhance their judo performance or prepare for competition, this program provides the perfect foundation for success.

Class Schedule:

- Mondays at 7 PM in Athenry
- Fridays at 6:30 PM in Athenry
- Tuesdays and Thursdays at 6 PM in Galway

Why Join this class?

Our Fighting Fit classes are designed to challenge and support your child in a structured and motivating environment. With a focus on fitness, technique, and mental preparation, your child will be well-prepared for advanced judo training and competition. This program not only builds the skills required for judo but also promotes confidence, discipline, and resilience—essential qualities for success in judo and life.

Sign your child up today and watch them develop strength, skills, and mental toughness while excelling in judo!



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Welcome to Fighting Fun Judo at Senshin Sports!



Class Description

Join our Fighting Fun Judo program and let your child experience the excitement of judo in a fun and engaging environment. Designed for children aged 8 to 13 years, this program introduces judo through exciting games and exercises, making it perfect for kids who want to enjoy the sport in a less competitive setting while still building important judo skills.

In the Fighting Fun Program, the focus is on enjoyment and physical activity, with sessions designed to improve agility, coordination, and fitness through fun judo-based exercises. This class is ideal for kids of all skill levels who want to experience judo in a welcoming, supportive environment while still getting a great workout and learning new techniques.

Class Schedule:

- Wednesdays at 7 PM in Athenry
- Tuesdays and Thursdays at 6 PM in Galway

Why Join this class?

Our Fighting Fun Judo classes offer a great way for children to stay active and develop their judo skills without the pressures of a highly competitive environment. By combining judo techniques with games and movement-based activities, your child will improve fitness, coordination, and confidence, all while having fun. Whether they are new to judo or have some experience, this program provides the perfect balance of skill development and enjoyment.

Sign your child up today and let them explore the fun, exciting side of judo in a less competitive but highly engaging atmosphere!



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For more information on how to join classes at Senshin Sport please visit our website www.senshinsports.com or email classbooking@senshinsports.com