

Teen & Adult Recreational Judo Program at Senshin Sports!



Class Description

Join our Recreational Judo Program and continue your judo journey in a fun, engaging, and supportive environment. Designed for teens and adults who have completed the Beginner Judo Course or have prior judo experience, this program focuses on enhancing your judo skills while promoting fitness, confidence, and self-discipline.

In the Recreational Judo Program, participants will develop key judo skills, such as technique, balance, and flexibility, while also building strength and improving overall fitness. This program offers a relaxed, less competitive setting, making it perfect for those who want to enjoy judo at their own pace without the pressure of intense competition.

Grade Profile: White to Green Belt

Class Schedule:

- Tuesdays and Thursdays at 7 PM in Briarhill
- Wednesdays at 8pm in Athenry
- Fridays at 7.30pm in Athenry

Why Join this class?

Our Recreational Judo Program provides a fantastic way to continue practicing judo in a friendly, encouraging atmosphere. By focusing on technique and fitness, this program is ideal for judoka looking to enhance their existing skills, improve their physical well-being, or simply enjoy practicing judo in a non-competitive environment. Whether you're progressing from the Beginner Judo Course or returning to judo after a break, this class provides the perfect balance of skill development and enjoyment.

Sign up today to continue your judo journey in an environment where you can grow and develop!

Intermediate to Advanced Judo Program at Senshin Sports!



Class Description

Join our Intermediate to Advanced Judo program and elevate your skills with structured training, advanced techniques, and performance-driven conditioning. Designed for judoka at blue to black belt, this program offers a comprehensive training experience that combines technical instruction, focused conditioning, and competitive randori sessions.

Our Intermediate to Advanced Judo Program includes access to the Performance Team, offering a pathway for those seeking to compete at higher levels. Whether you are refining your existing techniques, improving your conditioning, or preparing for high-level competition, this program provides the tools and environment to help you achieve your goals.

Class Schedule:

- Mondays and Wednesdays at 8 PM in Athenry
- Fridays 7,30pm Athenry
- Tuesdays and Thursdays at 7 PM in Galway

Why Join this class?

Led by our 7th Dan performance director and 5th Dan Sport director our Intermediate to Advanced Judo classes offer a structured approach to honing your judo skills. With focused instruction on advanced techniques, enhanced conditioning, and opportunities for competitive randori, you will be challenged to push your limits in a supportive and professional environment. This program is perfect for judoka aiming to compete or those simply looking to take their judo training to the next level.

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



Senshin Sports

Dedication | Concentration | Excellence



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