

YOUNG FUTURES PROJECT



Charity No: 1087969

Martial Arts Classes

FREE classes for Young
People with Special
Educational Needs &
Disability, age 12-25



Join us & Register today!



Learn self defence & basic Martial Art techniques



**Develop concentration, self control &
determination**



**Build confidence, keep fit, make friends & have
fun!**

Every Wednesday and Thursday

Time: 5pm - 7pm

**Venue: Community House, 311
Fore Street, N9 0PZ**

Registration required

**For more info & to
register contact Vash
on: 07903708944 /
vashisht.raya@epandc.
org.uk**

PROGRAMME DATES:

January 2022

Wednesday 12th January

Thursday 13th January

Wednesday 19th January

Thursday 20th January

Wednesday 26th January

Thursday 27th January

February 2022

Wednesday 2nd February

Thursday 3rd February

Wednesday 9th February

Thursday 10th February

Wednesday 16th February

Thursday 17th February

Wednesday 23rd February

Thursday 24th February

March 2022

Wednesday 2nd March

Thursday 3rd March

Wednesday 9th March

Thursday 10th March

Wednesday 16th March

Thursday 17th March

Wednesday 23rd March

Thursday 24th March

Wednesday 30th March

Thursday 31st March