

# KARATE CLUB

**WHITEHALL COLMCILLE KARATE CLUB** classes provide training for all ages and ability.

Children of 7 years and over can enjoy training in a safe environment with close supervision, developing many skills, as well as having fun.

Adults can enjoy traditional training, focusing on fitness, self-confidence, and of course self defence.

Our School fosters a family atmosphere, with many parents training with their children in the Sunday Morning Class.

#### Class Times.

Tuesday	20.00 Adult Class
Tuesday	19.00 Children's Class
Thursday	20.00 Adult Class
Thursday	19.00 Children's Class

#### For More Information,

#### Contact:

**Damien: 086-3998610**

**Eamon: 086-8287332**

**Email: [info@wado.ie](mailto:info@wado.ie)**

**FIRST CLASS FREE**

#### Address.

**Whitehall Colmcille Gaa  
9 Collins Ave.  
Dublin 9.**

**Web: [www.wado.ie](http://www.wado.ie)**

