

Discover Ultimate Judo at Inchgarth!

By Rachael Hunter

Friday is one of our busiest days at Inchgarth but one activity not to miss is Ultimate Judo with coach Gordon McCathie. If you are looking for something to help your little ones gain valuable skills while burning off some energy, then Judo is the sport for them.

Starting in 2010, Ultimate Judo now has over 300 members across Aberdeen. The award winning classes not only help children learn physical skills but also provide mental and moral education too. Judo has been known to help boost confidence as well as teaching children respect, honesty, self-control and self-discipline.

“Our Inchgarth classes cater for children aged 4-16 with no experience necessary. We teach Judo in a fun, safe and inclusive way with many of our members having additional support needs.” said coach Gordon McCathie, 4th Dan. “We work together to perfect our Judo. We are all equal on the Judo mats.”

Originating in Japan in 1882, Judo is now the second most participated sport in the world and is the safest contact sport for children under 13 years of age.

With so many benefits, Judo is a fantastic way to help our children gain skills they wouldn't otherwise get the chance to learn.

“I believe our club and sport is special. We are a family and work tirelessly in the city to promote our values to the youth and make a positive impact on our communities.” said Gordon.

Ultimate Judo has three classes running every Friday at Inchgarth, with a free trial session to new members. Contact Gordon on 07827445514 or gordon@ultimatejudo.co.uk for more information and to book your place.

OPENING TIMES

Monday to Friday:
10am-2pm for hot foods- Full menu.

2pm-9pm hot drinks, cakes, ice creams, sweets.

Saturday: 10.30am-4pm for hot drinks, cakes, ice creams, sweets.

Sunday: 10.30am-9.30pm for hot drinks, cakes, ice creams, sweets.

(No hot foods at the weekends)

PEGGY'S CAFE

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Coach Gordon McCathie

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Bingo!

ALL WELCOME

AT INCHGARTH COMMUNITY CENTRE

THURSDAYS 11-12PM
£10 YEARLY MEMBERSHIP

A GREAT SOCIAL ACTIVITY WITH CASH PRIZES!

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Starting the 9th of November, new session will start for Children and Adults on Saturday Morning! 6 new classes will be offered, from 9 to 2.30pm on Saturday. You can check details on the side.

Ultimate Judo Saturday Session

09-9.45: 4 to 8 yo	11.15-12.00: 4 to 8 yo
9.45-10.30: 9 to 11 yo	12-1: 13 and above (Newaza)
10.30-11.15: 12 to 15 yo	1-2.30: Adults

INCHGARTH COMMUNITY CENTRE

IT CLASSES AT INCHGARTH

Beginners Classes: Wednesday 6-7pm
Start on the 30th of October

Classes are free but require an Inchgarth Membership (£10/year).

To sign up, please call us on 01224 325191 or email us at inchgarthcc1@btinternet.com

INCHGARTH.ORG

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