

28th CHOJINKAI KARATE WINTER COURSE

Friday 16th to Monday 19th January 2026

Center Parcs, Whinfell Forest, Penrith

****OPEN TO ALL MEMBERS, PARENTS & FAMILIES***



***Course led by Doug James 9th Dan together with
Darren Longstaff 6th Dan & Mark Heaton 6th Dan***

**Book into your Lodge after 4pm Fri – FACILITIES CAN BE USED FROM 10am
Vacate Lodge by 10.00am Monday - Facilities can still be used ALL THAT DAY**

****MEMBERS with FAMILY – BOOK YOUR OWN @ Center Parcs Directly****

LET ME KNOW NOW WHO WILL BE TRAINING

**if going on your own – ‘is not a problem’ – ask your Club Instructor or myself,
for advice on including you with an existing lodge group.**

£35pp for training (£50 for 2 family, £60 for 3, £70 for 4/5)

Payable prior by Bank Transfer or Cash at first session next January

Training Sat/Sun in Sports Plaza – Opens at 7.30am

Soft Tennis Courts 4 & 5 – 7.30am to 10.15am (Prov Times)

**Daily training is available @ £20:00 per session,
plus day entrance fee booked in advance with Center Parcs – 01768 893000
(Free Day Passes may be available? - enquire nearer the time)**

This is a very popular course – Karate Training & Socially

☺ KICK yourself back into shape after next Christmas ☺

ANY QUERIES – JUST RING OR TEXT ME ON 0797 9922800