

**AQA PLACES AVAILABLE**

# **FREE KARATE, FITNESS TRAINING AND SELF DEFENCE ACTIVITIES THROUGHOUT THE SUMMER**

## **FIT FOR KARATE & FITNESS TRAINING**

**Mondays 6.30-8.30pm July 25th,  
August 1st, 8th, 15th, 22nd, 29th**

**The Old Library 14-16 Knights Hill,  
West Norwood SE27 OHY**

## **FIT FOR LIFE FITNESS TRAINING & SELF DEFENCE**

**Tuesdays 6-8pm July 26th,  
August 2nd, 8th, 16th 23rd, 30th**

**Elm Green School, Elmcourt Road,  
West Norwood SE27 9BZ**

**CALL JAMAL RAHMAN ON 07931 919 585 OR EMAIL  
INFO@NORWOODCOMMUNITYGROUP.CO.UK  
TO BOOK YOUR PLACE/S OR FOR MORE INFORMATION**

**FREE FOOD BOXES FOR YOUNG PEOPLE AT EACH SESSION**

**TWITTER:@NORWOODCG**

**WWW.NORWOODCOMMUNITYGROUP.CO.UK**

Lambeth's  
*Summer  
of  
Food & Fun*  
2022

**Norwood Community Group**



**Building Bridges in the Community**

HAP- 'Holidays Activities Programme'

**Lambeth**

**AQA**