



ITF-Belgium welcomes you to the ITF Kids Course



***Saturday 21st
& Sunday 22nd***

May 2016

The official ITF Program for children aged 3-7

Conducted by Master Donato Nardizzi

VIII°degree

Chairman of the ITF Children Development Committee





Venue

Sport- en Jeugdcomplex Durmehal, Sportlaan 2, 9160
Lokeren, Belgium



With free parking space next to the venue



Lokeren is easily reachable by car through the E17 and the E40, and closely to Ghent (25km), Antwerp (37km) and Brussels (72km).

Lokeren has a railway station at 2km of the venue, with good connections from and to e.g. Brussels, Antwerp, Ghent and most other national & international locations.

www.belgianrail.be

Airports : Brussels National Airport (Zaventem) at 60km, Brussels South (Charleroi) at 130km and smaller airports in Antwerp and Oostende. Airports in The Netherlands and France are nearby.

Schedule

- Registration & accreditation : Saturday 8.00 – 8.30, before the start of the course.
- Classes:
 - Saturday 9.00 – 12.00 & 13.00 – 17.00
 - Sunday 9.00 – 13.00

Fee

The ITF Kids Course is open to all ITF black & red belts.

Fee : 115€ for the 2 days course and a participation certificate. The fee should be paid upon registration at the first day of the course.

Inscriptions

For all inscriptions and information please contact Annick Van Driessche at taekwondo1@telenet.be

+32 9 384 61 28

www.itfbelgium.be

Please use the inscription form enclosed.

Deadline : all inscriptions should be send before May 12th 2016.

More

- Please bring your track suit or dobok.
- The venue has a cafeteria with the possibility to have snacks during lunch break.

Hotel accommodation

If you need hotel accommodation, take a look at the following possibilities :

- Biznis Hotel : <http://www.biznishotel.be/>
- La Barakka : <http://www.labarakka.com/Engels/welcome.htm>