



**Building Confident
Children**

Judo for Kids School Holiday & OSHC Programs



About the Program

SouthWest Judo Academy's OSHC and Pre-Kindy programs introduce children aged 4–12 to the Olympic sport of judo through fun, movement-based sessions. Our sessions build confidence, coordination, and respect while providing an exciting, safe, and structured activity perfectly suited to school holiday or after-school care timetables.

A Fun, Active & Educational Experience

Our judo sessions are designed to keep children engaged, moving, and learning. Each session blends games, basic judo movements, and teamwork challenges that help develop balance, coordination, and self-confidence. Participants are guided by accredited coaches who create a fun and supportive environment where every child can succeed.

Building Life Skills Through Judo

Judo teaches far more than physical techniques — it's a sport built on values. Every session encourages children to practise respect, cooperation, and self-control while learning to move confidently with others. Through gentle physical interaction and play, kids gain a sense of achievement and pride in their progress.

A Safe, Purpose-Built Environment

All sessions take place at our fit-for-purpose dojo in Port Kennedy, fully equipped with professional judo mats and training facilities. The controlled environment ensures each child's safety and comfort while giving them the authentic experience of training in a real martial arts setting.

Flexible Programs Year-Round

Our programs are available throughout the school term and during school holidays. Sessions typically run for one hour, accommodating groups of all ages and abilities. Providers can book single sessions or arrange multi-day packages at discounted rates to fit their schedule and budget.



At a Glance

- ✓ Ages 4–12
- ✓ 1-hour structured sessions
- ✓ \$15 + GST per child (min. \$150 + GST per session)
- ✓ Accredited coaches & loan uniforms included
- ✓ Safe, purpose-built facility with bus access

Program Details & Pricing

Our judo programs are designed to be flexible, affordable, and easy to deliver. We provide everything needed for a safe, high-quality experience at our Port Kennedy dojo — from uniforms and equipment to qualified coaches — ensuring a fun and structured session for children of all ages and abilities.

Session Structure

Each judo session runs for approximately one hour, introducing children to basic movement, coordination, balance, and teamwork through play-based learning. Activities are carefully planned to suit age and ability, keeping every participant active and engaged from start to finish.

We recommend limiting each group to around 20 participants per session to ensure individual attention and safety. Larger groups can be split into multiple sessions if needed.

Pricing

Session Duration	Cost	Minimum Charge
1 hour	\$15 + GST per child	\$150 + GST per session

Pricing includes:

- Instruction by accredited judo coaches experienced with children aged 4–12.
- Use of our fit-for-purpose dojo with full safety flooring and equipment.
- Loan judo uniforms (gi) for all participants.

Multi-Session & Custom Packages

We offer tailored packages to suit your centre's needs, including:

- Multi-day or multi-session bookings at discounted rates.
- Themed holiday programs with progressive skill development.
- Custom timeframes to fit around your scheduling requirements.

Whether you're planning a one-off experience or a recurring physical activity option, we'll help design the right package for your group.

About SouthWest

SouthWest Judo Academy is a family-run club built on passion, community, and excellence. From humble beginnings teaching judo in local schools, we've grown into a full-time training centre producing athletes who compete internationally — all while staying true to our inclusive, family-first philosophy.

Our Story

What began as a small after-school judo program has grown into one of Western Australia's most respected full-time judo clubs. Founded by the Read family, SouthWest Judo Academy started with just a handful of mats and a shared belief in judo's ability to build confidence, discipline, and respect in young people. Over the years, our community has grown steadily, and so has our vision. From hiring school halls and community spaces, we now operate from our own purpose-built facility in Port Kennedy, running a full-time weekly training schedule that caters to all ages and abilities — from four-year-olds stepping onto the mat for the first time to seasoned competitors preparing for national and international events.

A Family-Friendly Community

At SouthWest, we're more than a club — we're a community of families. Parents, siblings, and friends are part of the journey, creating a welcoming, supportive atmosphere where every member feels valued. Our classes emphasise enjoyment and personal growth, ensuring that children of all backgrounds can thrive in a safe, inclusive setting. We take pride in our reputation for kindness, patience, and care. Whether a child's goal is to build confidence, improve fitness, or simply have fun, our team ensures every experience is positive, structured, and empowering.

Excellence on the Mat

While we're proudly community-driven, we also maintain a strong performance focus. Our coaching team has guided athletes to success at State, National, and International levels, including representation at major competitions across Asia and Europe. This blend of grassroots participation and high-performance expertise ensures that every student — recreational or competitive — benefits from the same high-quality coaching and technical foundation.

Our Philosophy

We believe in the lifelong benefits of judo — not just as a sport, but as a pathway to personal growth. Our mission is to build confident, respectful, and resilient individuals through positive, values-based teaching in a safe and inspiring environment.

Our Facility

SouthWest Judo Academy is home to a purpose-built dojo in Port Kennedy, designed to provide a safe, authentic, and enjoyable environment for children to experience the sport of judo. Our facility is fully equipped, spacious, and welcoming — ideal for school and OSHC groups year-round.

A Purpose-Built Dojo

Our facility at 10 Crowley Street, Port Kennedy was designed specifically for judo practice and physical education. Featuring over 200 square metres of professional tatami mats, it provides a safe and controlled space where children can move freely, play, and learn fundamental skills without risk.

Every element of the dojo — from the spring flooring to the open layout and seating — has been chosen to create a professional yet child-friendly training environment. The venue also includes changing areas, spectator seating, and accessible restrooms.



Safety by Design

Safety is central to everything we do. Our judo mats are competition-grade tatami, designed to absorb impact and reduce risk of injury during movement and falls. The training area is fully enclosed, with clear visibility for staff and supervisors at all times.

Sessions are conducted by accredited coaches who adhere to strict supervision and safety standards, ensuring every participant enjoys a positive and secure experience.

Easy Access & Parking

We understand the practical needs of group excursions. The academy offers ample on-site parking with direct access for small to large buses, making drop-off and collection quick and easy. The venue is conveniently located just minutes from Rockingham and close to major connecting roads.



An Authentic Judo Experience

By hosting your session at our full-time dojo, children get the opportunity to experience real judo in its proper setting — complete with uniforms, mats, and professional instruction. This authentic experience not only makes the session memorable but helps instil a sense of pride and curiosity about the sport.



Why Choose Judo?

Judo offers more than physical activity — it builds confidence, character, and respect. Our sessions blend fun and movement with life lessons that last well beyond the mat, helping children grow into resilient, respectful, and self-assured individuals while developing coordination and teamwork in a supportive environment.

A Sport Built on Values

Judo is grounded in a unique moral code that teaches courtesy, courage, friendship, honesty, honour, modesty, respect, and self-control. Every session reinforces these values through games, teamwork, and cooperative learning. Children not only move and play — they learn how to listen, support others, and persevere.

Confidence Through Movement

Judo helps children develop body awareness, balance, and self-confidence in a fun and non-competitive setting. Kids learn to trust their own abilities, work safely with partners, and celebrate effort as much as achievement. The result is a boost in confidence that carries into other sports, school, and everyday life.

Active, Inclusive, and Engaging

Our programs are designed so that every child can participate and succeed, regardless of previous experience or coordination level. Judo's structured activities keep children moving constantly — rolling, balancing, and playing — while promoting teamwork and mutual respect. The focus is always on positive movement, effort, and enjoyment.

Lifelong Benefits

Beyond fitness and fun, judo encourages resilience, problem-solving, and emotional regulation. It helps children manage challenges constructively and promotes self-discipline in an encouraging, safe environment. Many participants leave with newfound confidence, social skills, and a love for physical activity that continues well beyond their session.

Linked to Key Learning Outcomes

- ✓ Promotes physical literacy & coordination
- ✓ Builds social and emotional skills
- ✓ Encourages teamwork and respect
- ✓ Supports self-regulation and resilience

Booking Information

Booking a judo session for your OSHC or Pre-Kindy group is quick and easy. We'll guide you through every step, from confirming dates and group sizes to tailoring the program to suit your schedule. Our goal is to make planning a visit seamless, safe, and enjoyable.

How to Book

To get started, simply contact us with your preferred date and group details. We'll confirm coach availability, provide a simple agreement, and help you plan your visit to our dojo in Port Kennedy.

When enquiring, please include:

- Preferred date(s) and time
- Approximate number of children and age range
- Any special requests or considerations (e.g. additional support needs, transport details)
- Your organisation's contact details for invoicing and coordination

We recommend submitting your enquiry at least two weeks in advance to secure your preferred time slot.

Flexible Options

Our team can assist with:

- Single-session bookings (perfect for a school-holiday experience)
- Multi-day or term-based programs (for ongoing physical activity scheduling)
- Customised group sizes or age splits to match your cohort

We're happy to adjust timing and structure to best fit your centre's timetable and transport logistics.

Contact Us

Book your next OSHC or holiday activity today!

Book online at www.southwestjudoacademy.com.au/schools

or contact us at

hello@southwestjudoacademy.com.au

0447 391 228



"The kids all really enjoyed the visit to your Judo Academy, it is definitely something we would like to book in for our next school holidays, the kids couldn't stop talking about it. "

– Amy, Our Place O.S.H.C & Pre-Kindy, Rockingham





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