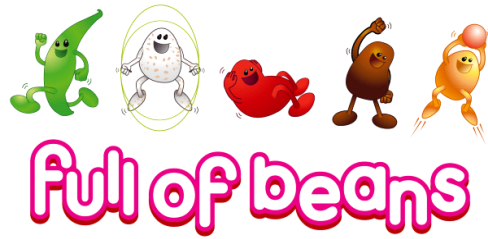


GYMNASTICS CLUB



CHILDREN'S FITNESS & SPORTS COACHING

Avalon School

Thursdays 17th Jan—28th March

3.05 — 4.05

(no club on 21 March due to parents eve)



This Club is open to children in years F2, Y1 & Y2

We will improve your child's balance, co-ordination, agility, flexibility and strength. Some of the areas we will work on include ;

Splits Rolls Balancing Jumps Routines

Floor exercises Handstands Cartwheels Shapes

Gymnastics is a brilliant way to stay fit, flexible and have fun. We teach everyone the art of gymnastics to the best of their ability, allowing all gymnasts to excel, with the emphasis on individual achievement through motivation and encouragement. Our clubs are for boys and girls of all abilities.

The cost is just £4.33 per week. 9 weeks is £39 and we also offer sibling discounts.

If you would like your child to participate, please head to www.fullofbeansfitness.co.uk. Click the **REGISTER** button, top right hand side and look for your school.

This takes you to a secure site where your booking details can be entered and your payment taken.

If you have any questions at all, please don't hesitate to contact Nicky on the number or email address below



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www.fullofbeansfitness.co.uk

