

# GYMNASTICS CLUB



**Full of beans**

CHILDREN'S FITNESS & SPORTS COACHING

Avalon School  
Wednesdays, 17th Jan — 14th March  
3.05 — 3.40



**This Club is open to children in years F2 1 & 2**

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.

If you would like your child to participate, we have a NEW electronic booking system !

Please head to [www.fullofbeansfitness.co.uk](http://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



**£34**  
**8 weeks**



M : 07914 836 797

E : [nicky@fullofbeansfitness.co.uk](mailto:nicky@fullofbeansfitness.co.uk)

[www.fullofbeansfitness.co.uk](http://www.fullofbeansfitness.co.uk)