



## After School Gymnastics Club at St Mary's CE Primary School

Dear Parents,

After school gymnastics club starts Wednesday 16<sup>th</sup> January 2019 and will go on every Wednesday for 11 weeks. The **last** class will be Wednesday 3<sup>rd</sup> April 2019.

Gymnastics is essential in order to develop great co-ordination, balance, flexibility and strength. Each lesson will be structured to cover all core skills and basic moves necessary for the development of a good gymnastics technique.

### When do the classes take place?

The classes will be held every **Wednesday** straight after school from **3.20 to 4.20** from Wednesday 16<sup>th</sup> January until Wednesday 3<sup>rd</sup> April in the Hall. Classes will be taken by gymnastic coach Sylwia, qualified by British Gymnastics, and with full First Aid training and CRB check. **Children must be in full PE kit with no jewellery and hair tied back**, and are welcome to bring a drink and a light snack.

We will have 11 lessons for a total of £77.00. Please fill in the form below with cash or a cheque to **Sylwia Nikorowska** and come in on **sign up day Thursday 10<sup>th</sup> January**; places will be given on a first come first served basis with a strict number of 20 children. I am very much looking forward to working with the children at St Mary's CE Primary.

Sylwia

For further information please contact Sylwia **07971 931806**

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### BOOKING FORM – Gymnastics Spring 2019

Name of child \_\_\_\_\_ Class \_\_\_\_\_

Medical condition (if any) \_\_\_\_\_

Telephone \_\_\_\_\_

Emergency tel. if different \_\_\_\_\_

Parents Name \_\_\_\_\_

I enclose £77.00