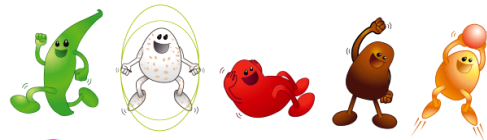


# GYMNASTICS Breakfast Club



## Full of beans

CHILDREN'S FITNESS & SPORTS COACHING

St Peters Primary

Fri 21st Sept - Fri 14th Dec

8 am — school begins



This Club is open to children in years 1, 2 & 3

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 and for 12 weeks is £52. We also offer sibling discounts.

If you would like your child to participate, 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.

*Thank you !    Nicky*

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

