



GYMNASTICS FEB/MAR 3-8 Yrs

**GREAT NEW
PROGRAMME**



- **Develop balance and space awareness, co-operative learning & rhythms**
- **floor skills –straddle rolls, headstands, bridges, jumps and drills**
- **balancing – use low beams, forwards, backwards, sideways, kicks & hops**
- **Vault/rebound – use panel mats, squat ons, straddle ons, hurdles**



Sat	9.0-9.45am	3-5 Yrs	25 Feb - 24 Mar
Sat	10.0-11.00	5-6 Yrs	25 Feb - 24 Mar
Sat	11.0-noon	6-8 Yrs	25 Feb - 24 Mar
Sat	12.15-1.0pm	3-5 Yrs	25 Feb - 24 Mar
Mon	4.0-4.45pm	4-5 Yrs	20 Feb - 26 Mar
Mon	5.0-6.0pm	5-6 Yrs	20 Feb - 26 Mar
Mon	6.0-7.0pm	6-8 Yrs	20 Feb - 26 Mar
Tues	4.0-4.45pm	4-5 Yrs	21 Feb - 27 Mar
Tues	5.0-6.0pm	5-6 Yrs	21 Feb - 27 Mar
Tues	6.0-7.0pm	6-8 Yrs	21 Feb - 27 Mar
Tues	7.0-8.0pm	6-8 Yrs	21 Feb - 27 Mar
Wed	4.0-4.45pm	4-5 Yrs	22 Feb - 28 Mar
Wed	5.0-6.0pm	5-6 Yrs	22 Feb - 28 Mar
Wed	6.0-7.0pm	6-8 Yrs	22 Feb - 28 Mar
Thur	4.0-4.45pm	4-5 Yrs	23 Feb - 29 Mar
Thur	5.0-6.0pm	5-6 Yrs	23 Feb - 29 Mar
Thur	6.0-7.0pm	6-8 Yrs	23 Feb - 29 Mar
Thur	7.0-8.0pm	6-8 Yrs	23 Feb - 29 Mar

£48.00 (6 WEEKS)
Saturdays £40.00 (5 WEEKS)

GYMNASTICS BOOKING FORM

Name: Date of Birth:

Tel: Amount Encl: £

Signed: Course Day/Time:

Address: Email Address below:

Medical Conditions or Allergies:

Send with a cheque payable to Skill Set CI to Skillset@Kings, Kings Club, Kings Road, St. Peter Port, GY1 1QF

We will add your details to our database for notification of future courses, your data will not be passed onto third parties. If you do NOT want to receive updates please tick here:

Course Ref: 010/012