



GYMNASTICS JAN-FEB 2012

New Coach
Recruited



- 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	7 Jan - 4 Feb
Sat	10.0-11.00	5-6 Yrs	7 Jan - 4 Feb
Sat	11.0-noon	6-8 Yrs	7 Jan - 4 Feb
Sat	12.15-1.0pm	3-5 Yrs	7 Jan - 4 Feb
Mbn	4.0-4.45pm	4-5 Yrs	9 Jan - 6 Feb
Mbn	5.0-6.0pm	5-6 Ys	9 Jan - 6 Feb
Mbn	6.0-7.0pm	6-8 Yrs	9 Jan - 6 Feb
Tues	4.0-4.45pm	4-5 Yrs	10 Jan - 7 Feb
Tues	5.0-6.0pm	5-6 Yrs	10 Jan - 7 Feb
Tues	6.0-7.0pm	6-8 Yrs	10 Jan - 7 Feb
Tues	7.0-8.0pm	6-8 Yrs	10 Jan - 7 Feb
Wed	4.0-4.45pm	4-5 Yrs	11 Jan - 8 Feb
Wed	5.0-6.0pm	5-6 Yrs	11 Jan - 8 Feb
Wed	6.0-7.0pm	6-8 Yrs	11 Jan - 8 Feb
Thur	4.0-4.45pm	4-5 Yrs	12 Jan - 9 Feb
Thur	5.0-6.0pm	5-6 Yrs	12 Jan - 9 Feb
Thur	6.0-7.0pm	6-8 Yrs	12 Jan - 9 Feb
Thur	7.0-8.0pm	6-8 Yrs	12 Jan - 9 Feb

£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: 002/012