

Friday Morning Gymnastics Club

Dear Parents/ Guardians

We are pleased to introduce to you before school gymnastics club at Frimley Church of England Junior School.

What do we offer in the club?

Weekly structured gymnastics classes with British Gymnastics Qualified coaches focusing on various disciplines in gymnastics. The children partake in fun warmups and stretches followed by workshops and circuits for the children to gain a range of skills for example floor, vault, beam, balance, strength and coordination.

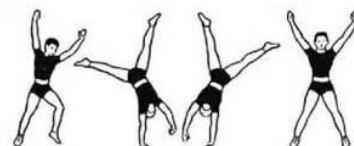
- The club is open to all years and all abilities welcome.
- There are a limited amount of spaces available filled by a first come first served basis.
- PE kits/ leotards/ sports clothes from home can be worn. Children will be bare foot. Long hair tied back and ALL jewelry removed.
- Unfortunately once you have paid and secured the space in Gymnastics Club refunds cannot be given.
- Any questions please feel free to email us at j.foxwell50@gmail.com

Term Dates:

2nd, 9th, 16th, 23rd, 30th November

7th, 14th December

Yours Sincerely,
Jessica Foxwell
JF Inspire Gymnastics
j.foxwell50@gmail.com



Please return completed form with payment to the school office as soon as possible to get booked on.

I give my child permission to attend **Friday Morning** gymnastics club **from 7.45-8.30am** commencing **Friday 2nd November 2018**.

I enclose **£34.30 for the 7 week term** made payable to 'Inspire Gymnastics' to get booked on. (please do not write on the back of the cheque)

Childs Name.....Class/ Year.....

Emergency Contact Number **1**.....**2**.....

Email Address for Confirmation and Receipt.....

Medical Information (including allergies to plasters).....

Signed..... Date.....