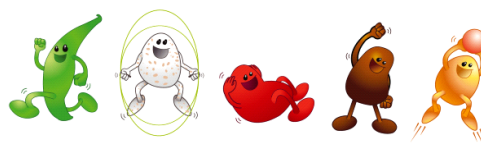


GYMNASTICS CLUB



Full of beans

CHILDREN'S FITNESS & SPORTS COACHING

Gayton Primary

Tuesday 25 April - 4 July

3.20 - 4.20



This Club is open to children in years 1—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 £4.90 per week & we also offer sibling discounts. Full of Beans are members of the Children's Activities Association, giving parents peace of mind.

If you would like your child to participate, please head to to <https://www.fullofbeansfitness.co.uk/wirral-and-Liverpool> OR click HERE for the direct link. This takes you to a secure site where your booking details can be entered and your payment taken.

Thank you, Nicky



M : 07914 836 797

E : nicky@fullofbeansfitness.co.uk

www.fullofbeansfitness.co.uk