

NAME:

CONTACT TELEPHONE NUMBER:

CONTACT EMAIL ADDRESS:

CLASSES FOR SEPTEMBER 2009 - Classes will only run if we have enough gymnasts booked in. Spaces are limited in certain classes so book early to avoid disappointment

HALF PRICE FOR THOSE ON INCOME SUPPORT (MONTHLY PROOF REQUIRED) *cannot be used in conjunction with any other offer*

ACTION GYM KIDZ		Age Range	Tick if required
Monday			
4.15pm - 5.15pm	All round Get Active Classes	All	
5.30pm - 6.30pm	Recreation	5-12 yrs	
6.30pm - 8.00pm	Teen Club	12 Yrs +	
Wednesday			
3.45pm - 4.30pm	Rising 5's - At School - minimum number required	4/5 Yrs	
4.15pm - 5.15pm	All round Get Active Classes	All	
5.30pm - 6.30pm	Recreation	5-12 yrs	
Friday			
4.15pm - 5.15pm	Recreation	5-12 yrs	
5.30pm - 6.30pm	Recreation	5-12 yrs	
4.30pm - 6.30pm	2 Hrs Recreation	Invite Only	
Saturday			
9.30am - 10.30am	Recreation	5-12 yrs	
10.45am - 11.45am	Recreation	5-12 yrs	
12 Noon - 1.00pm	Recreation	10-12 yrs	

CHEERLEADING		Age Range	Tick if required
Friday			
4.00pm - 5.00pm	Cheerleading Only	5-12 yrs	
5.00pm - 6.00pm	Cheerleading Only	5-12 yrs	

ADULT GYM			
Tuesday 7.00pm - 8.30pm	Adult gym	Over 16's	
Thursday 7.00pm - 9.00pm	Adult gym	Over 16's	

FREESTYLE (pay as you go)			
WEDNESDAY	Age 16 yrs +	8.30pm-10.30pm	£6 per session
FRIDAY	Age 8 yrs - 17 yrs	7.30pm-9.15pm	£6 per session
SATURDAY	Age 10 yrs +	4.00pm-6.15pm	£6 per session
	Age 10 yrs +	6.15pm-8.30pm	£6 per session
	OR A DOUBLE SESSION	4.00pm-8.30pm	£10 per session

TRAMPOLINING		Age Range	Tick if required
Monday			
4.15pm - 5.15pm	Trampoline Only	4-6 yrs	
5.30pm - 6.30pm	Trampoline Only	7-9 yrs	
6.45pm - 7.45pm	Trampoline Only	Teens	
Tuesday			
4.15pm - 5.15pm	Trampoline Only	4-6 yrs	
5.30pm - 6.30pm	Trampoline Only	7-9 yrs	
6.45pm - 7.45pm	Trampoline Only	10-12 yrs	
Wednesday			
4.15pm - 5.15pm	Trampoline Only	4-6 yrs	
5.15pm - 6.15pm	Trampoline Only	10-12 yrs	
Thursday			
4.15pm - 5.15pm	Trampoline Only	7-9 yrs	
5.30pm - 6.30pm	Trampoline Only	10-12 yrs	
6.45pm - 7.45pm	Trampoline Only	Teens	
Saturday			
9.30am - 10.30am	Trampoline Only	4-6 yrs	
10.45am - 11.45am	Trampoline Only	7-9 yrs	
12 Noon - 1.00pm	Trampoline Only	10-12 yrs	

PRE-SCHOOL		Age Range	Tick if required
Monday			
9.30am - 10.15am	Drop in	Walking - 4 yrs	N/A
10.30am - 11.15am	Parent & Toddler	2-4 yrs	
11.30am - 12.30pm	Gym Juniors	3-4 yrs	
Tuesday			
9.30am - 10.15am	Drop In	Walking - 4 yrs	N/A
10.30am - 11.15am	Parent & Toddler	2-4 yrs	
11.30am - 12.30pm	Gym Juniors	3-4 yrs	
1.45pm - 2.45pm	Gym Juniors	3-4 yrs	
Wednesday			
9.30am - 10.15am	Parent & Toddler	2-4 yrs	
10.30am - 11.15am	Drop In - £1 per person including Babyzone	Sitting - 4 yrs	N/A
11.30am - 12.30pm	Gym Juniors	3-4 yrs	
Thursday			
1.00pm - 1.45pm	Parent & Toddler	2-4 yrs	
2.00pm - 2.45pm	Drop In	Walking - 4 yrs	N/A
Friday			
9.15am-10.00am	Drop In	Walking - 4 yrs	N/A
10.15am - 11.00am	Parent & Toddler	2-4 yrs	
11.15am - 12.15pm	Gym Juniors	3-4 yrs	
12.30pm - 1.30pm	Gym Juniors - Invite Only	Invite Only	

NOTE: IF YOU WOULD LIKE ONE OF THE CLASSES THAT WILL ONLY RUN ON DEMAND, PLEASE PUT AS YOUR SECOND CHOICE WITH A NOTE TO SAY THAT IF IT DOES RUN YOU WOULD LIKE THAT AS FIRST CHOICE

NOTE: PLEASE INDICATE A FIRST CHOICE AND A SECOND CHOICE

NOTES