

PRE-SCHOOL GYMNASTICS SEPTEMBER-DECEMBER 2020

Expression of Interest form

We are planning to re-start our structured **Pre-school Gymnastics** classes from September, This term we can take any child born in 2017 or 2016 who is available to come during the day on weekdays.

The classes will have to run in a different way for now. Each child who comes will need a parent or carer who will work with them to help maintain social distancing. We would aim to have 2 coaches. There will be a group warm up after this the group may split into half. Each coach will have a maximum of 6 children.

Each week the children will do two apparatus set-ups. For example one group may do Bars and vault one week, whilst the other may do floor and beam. The following week the two groups would do the opposite 2 apparatus set-ups.

It is hoped that when things ease we can run some **Come and Play** sessions as well as structured pre-school sessions where the children can be left.

If you are interested please fill in the form below stating your day / time preferences. We will only be able to start when we have enough children to make a class viable and will send out more details once this is possible.

Classes are planned for:

Tuesdays 11:30 -12:15 and 1:00 -1:45pm

Thursdays 11:30-12.15 and 1:00 -1:45pm

Fridays 11.30 -12.15 and 1:00 -1:45pm

For the past few years we have also had classes on **Wednesdays** but this hasn't been as popular so we are planning to fill the other classes before re-starting this one.

The 15-week term would cost £79. This includes the cost of a badge and a certificate, which is awarded in December.

There is an annual subscription to British Gymnastics, which needs to be paid in October – fees are yet to be announced.

If you are interested please send the following details to:

plymouthswallowsgc@hotmail.co.uk

CHILDS NAME:

CHILD'S DATE OF BIRTH:

CONTACT E-MAIL:

DAYS AND TIMES YOUR CHILD IS AVAILABLE:

CARER'S NAME (The person who will usually attend with them)