

Regis gymnastics

Summer Holiday 2017



GYM JOEYS PLAY!

Ages 1-6

Every Monday 10:30-12:00

Every Friday 10:30-12:00

Parent supervision required

**ONLY
£3.50**

Pay as You Go!

**GYMNASTICS
GYM PLAY**

Ages 5+

Every Monday 1-3

Drop off and collect for Members Only
Non-members require parent supervision

Closed August Bank Holiday All Week

Sleep-Over & Holiday Classes

Wednesdays 2-4pm
Pre-Book Only

Tuesday 1st August
7:30pm-8am Age 8+

**Children's Personal Safety
& Self Defence**
Tuesday 15th Aug – 10-12am

Age 7+

Safety and Self Reliance course to recognise dangerous situations, how to act should you feel threatened and deal positively with bullying and build resilience

£5
per child
pre-book

First Aid for Kids
Tuesday 15th August – 1-3pm
Tuesday 22nd August – 10-12am
Become an emergency helper and learn the basics of first aid including:

- Calling for help
- Bandaging
- Basic CPR



FREE SESSION FOR 4-7 YEAR OLDS!

As part of our young coach training program
Tuesday 22nd August 3:30-4:30

FREESTYLE

Every Wednesday & Friday
Non-Members Welcome

Ages 10+
8-9pm



Summer Holiday Activities Booking Form

NAME(s) : _____ Age(s): _____

Contact Name: _____ Relationship: _____

Contact Number: _____

Tick which you would like to attend:

HOLIDAY CLUB Age 5-16 (2 Hour Classes)

2-4pm **Every Wednesday** except 29th July & 30th August

26th Jul 2nd Aug 9th Aug 16th Aug 23rd Aug Special Price

£8

per class

Special Price

TOTAL:£ _____

SLEEPOVER Age 8+ **Tuesday 1st August**

7:30pm-8am (build sleeping dens then lights out at 11pm)

Supervised by fully DBS checked Staff

I am attending: You will require a pillow, sleeping bag, snacks and drink.
Parents must be prepared to collect at any point during the night.

£15

pp

First Aid

£5

per class

Self Defence

Tues 15th August 1-3pm

Tuesday 15th August 10-12am

Tues 22nd August 10-12am

TOTAL:£ _____

FREE SESSION

Tuesday 22nd August

Age 4-7 3:30-4:30pm

I am attending:

Our trainee coaches will be running a session under the supervision of our qualified staff and we need gymnasts for this. Numbers are limited

Numbers are limited on all activities.
First come – First served.

Grand Total: £ _____