

SALTO SUMMER SCHEME 2011

7 Fun Packed weeks of Gymnastics starting Monday 4th July

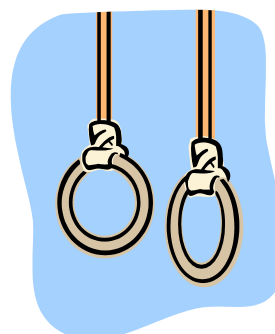
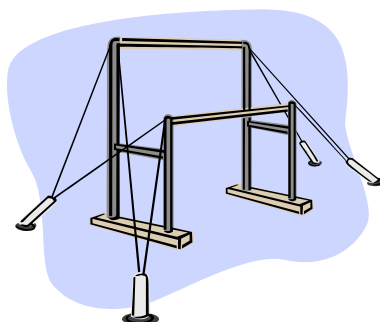
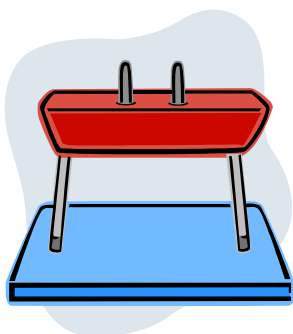
Dates:

Session Times

<u>Week 1:</u> Mon 4 th - Fri 8 th July	11.15-12.15 & 12.30-2.30
<u>Week 2:</u> Wed 13 th - Fri 15 th July	11.15-12.15 & 12.30-2.30
<u>Week 3:</u> Mon 18 th - Fri 22 nd July	11.15-12.15 & 12.30-2.30
<u>Week 4:</u> Mon 25 th - Fri 29 th July	11.15-12.15 & 12.30-2.30
<u>Week 5:</u> Mon 1 st - Fri 5 th Aug	11.15-12.15 & 12.30-2.30
<u>Week 6:</u> Mon 8 th - Fri 12 th Aug	11.15-12.15 & 12.30-2.30
<u>Week 7:</u> Mon 15 th - Fri 19 th Aug	11.15-12.15 & 12.30-2.30

RECREATION £52

KINDERGYM £26



Please enquire at the office for a booking form

*Non-Members: Please include a payment of £6 for temporary membership and Insurance with British Gymnastics.

PLEASE NOTE WEEK 3 IS ONLY WED-FRI DUE TO HOLIDAYS

This is a fun-filled session from 3 to 5 years and 5 to 12 years old. The class is 1 hour long for kindergym and 2 hours for recreation, Monday to Friday. It will consist of the following activities:

General Warm-up, stretches, games and circuit activities.

Group activities on all apparatus: Beam

Trampoline

Bars

Rings/ pommel/ Parallel bars

Vault

Floor