

Pre-School Courses:-

Gym Tots Term Time Only	Wednesday	12.45 – 13.30	Semi-structured session using gymnastic equipment with parent/carer participation/ Qualified gymnastics instructor on site. Drop-in sessions- £3.00 (Wed) & £3.50 (Fri) per session
	Friday	10.30 – 11.30	

Start term of 3rd Birthday

Course	Day	Time	Course	Summer Term 2012	Autumn Term 2012	Spring Term 2013
Pre-School Gym 3-4 yr olds	Monday	1.15 – 2.00	PSG1	£66.00	£78.00	£54.00
	Monday	2.00 – 2.45	PSG2	£66.00	£78.00	£54.00
	Wednesday	1.45 – 2.30	PSG6	£72.00	£78.00	£60.00

Children's Courses:- Gymnastics

Course	Day	Time	Course	Summer Term 2012	Autumn Term 2012	Spring Term 2013
GYM 5-6 yrs & Awards 8,7,6,5	Monday	4.00 – 5.00	G1	£78.10	£92.30	£63.90
	Tuesday	4.00 – 5.00	G3	£85.20	£92.30	£71.00
	Wednesday	4.00 – 5.00	G5	£85.20	£92.30	£71.00
GYM	Monday	5.00 – 6.00	G2	£78.10	£92.30	£63.90
	Tuesday	5.00 – 6.00	G4	£85.20	£92.30	£71.00
	Wednesday	5.00 – 6.00	G6	£85.20	£92.30	£71.00
GYM ADVANCED	Monday	5.00 – 6.30	G8	£48.67	£115.05 (£57.46)	£88.50 (£44.25)
	Wednesday	6.00 – 7.15	G7	£118.82	£115.05	£88.50

All gymnastics classes (except for gym tots) include personal insurance cover

Judo

Course	Day	Time	Course	Summer Term 2012	Autumn Term 2012	Spring Term 2013
Judo Beginners	Friday	5.00 – 6.00	JD1	£85.20	£92.30	£63.90
Judo Graded	Friday	6.00 – 7.00	JD2	£85.20	£92.30	£63.90
Judo Older Graded	Friday	7.00 – 8.00	JD3	£85.20	£92.30	£63.90

Judo fees include personal insurance cover, colour belts and tags as awarded

The majority of our classes run during term time only. Our term dates for 2012/2013 are as follows:

**Summer Term 2012 – 12 week term
(11 for Monday classes due to Bank Holiday)
Begins – Monday 16th April
Ends – Friday 13th July**

**Autumn Term 2012 – 13 week term
Begins – Monday 10th September
Half Term – 22 – 25 October
Ends – Friday 14th December**

**Spring Term 2013
Begins – Monday 7th January
Half Term – 18-22 February
Ends – Thursday 28th March**

Adult Courses

Course	Day	Time	Course	Summer Term 2012	Autumn Term 2012	Spring Term 2013
Body Conditioning	Monday	9.30 – 10.30	BC	£78.10	£92.30	£63.90
Total Body Workout	Thursday	9.30 – 10.30	TBW	£85.20	£92.30	£71.00
Circuits	Tuesday	9.30 – 10.30	Apply direct to Claire Douglas 07990 770034			
Yoga	Wednesday	9.15 – 10.30	Apply direct to Kay Lilley 01732 458249			
Pilates	Wednesday	10.45 – 11.45	Apply direct to Helen Whitaker 07799 534191			
NIA Dance	Friday	9.00 – 10.00	Apply direct to Emma Golds 07834 232695			
Zumba	Saturday	9.15 – 10.00	Apply direct to Sheree Cox 07973 146010			

Evening Classes

Aerobics	Monday	19.30 – 20.30	Apply direct to Kay Bradley 07817 097710 Pay As You Come			
NIA Dance	Wednesday	19.30 – 20.30	Apply direct to Emma Golds 07834 232695 Pay As You Come			