

Adult Courses:-

Day Classes

Course	Day	Time	Course Code	Summer Term 2011	Autumn Term 2011	Spring Term 2012
Body Conditioning	Monday	9.30-10.30	BC	£67.00	£87.10	£73.70
Total Body Workout	Thursday	9.30-10.30	TBW	£73.70	£87.10	£73.70
NIA Dance	Tuesday	9.30-10.30	Apply direct to Emma Golds 07834 232695 Pay As You Come			
Yoga	Wednesday	9.15-10.30	Apply direct to Kay Lilley 01732 458249 Pay As You Come			
Pilates	Wednesday	10.30-11.30	Apply direct to Helen Whitaker 07799 534191 Pay As You Come			
NIA Dance	Thursday	10.30-11.30	Apply direct to Emma Golds 07834 232695 Pay As You Come			
Zumba	Saturday	9.15-10.00	Apply direct to Sheree Cox 07973 146010 Pay As You Come			

Child Care Facilities: Onsite for Raleys Gym Customers: Tel 01732 464670 - £6.00 per child per class.

Evening Classes

Aerobics	Monday	7.30 - 9.30pm	Apply direct to Kay Bradley 07817 097710 Pay As You Come			
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Pre-school Courses:-

Gym Tots	Friday Term Time Only	10.30-11.30	Semi-structured session using gymnastic equipment with parent/carer participation. Qualified gymnastics instructor on site. Drop-in sessions - £3.50/session			
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Start term of 3rd Birthday

Course	Day	Time	Course Code	Summer Term 2011	Autumn Term 2011	Spring Term 2012
Pre-School Gym 3- 3½ years	Monday	1.15 - 2.00	PSG1	£57.00	£68.40	£57.00
	Tuesday	1.30 - 2.15	PSG3	£62.70	£74.10	£62.70
	Wednesday	1.00 - 1.45	PSG5	£62.70	£74.10	£62.70
Pre-School Gym 3½ - 4 years	Monday	2.00 -2.45	PSG2	£57.00	£68.40	£57.00
	Tuesday	2.15 - 3.00	PSG4	£62.70	£74.10	£62.70
	Wednesday	1.45 - 2.30	PSG6	£62.70	£74.10	£62.70
Pre-School Dance 3-4 years	Friday	12.30-1.15	PSD	£47.00	£61.10	£51.70

Children's Courses:-

Gymnastics

Course	Day	Time	Course Code	Summer Term 2011	Autumn Term 2011	Spring Term 2012
GYM 5-6 yrs & Awards 8,7,6,5	Monday	4.00-5.00	G1	£67.00	£87.10	£73.70
	Tuesday	4.00-5.00	G3	£73.70	£87.10	£73.70
	Wednesday	4.00-5.00	G5	£73.70	£87.10	£73.70
GYM 7-10 yrs & Awards 4,3, 2, 1	Monday	5.00-6.00	G2	£67.00	£87.10	£73.70
	Tuesday	5.00-6.00	G4	£73.70	£87.10	£73.70
	Wednesday	5.00-6.00	G6	£73.70	£87.10	£73.70
GYM Advanced	Wednesday Summer	6.00-7.15 6.00-7.25	G7	£110.55	£108.88	£92.18

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

Judo

Course	Day	Time	Course Code	Summer Term 2011	Autumn Term 2011	Spring Term 2012
Judo Beginners	Friday	5.00-6.00	JD1	£73.70	£87.10	£73.70
Judo Graded	Friday	6.00-7.00	JD2	£73.70	£87.10	£73.70
Judo Older Graded	Friday	7.00-8.00	JD3	£73.70	£87.10	£73.70

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

Term dates 2011/2012

Summer Term 2011 – 11 week term (10 for Monday classes due to Bank Holiday)

Begins – Tuesday 3 May

Half Term – 30 May – 3 June

Ends – Friday 22 July

Autumn Term 2011 - 13 week term

Begins – Monday 5 September

Half Term – 24 – 28 October

Ends – Friday 9 December

Spring Term 2011 - 11 week term

Begins – Monday 9 January

Half Term – 13 – 17 February

Ends – Friday 30 March