



Email: [laurenbakergymnastics@gmail.com](mailto:laurenbakergymnastics@gmail.com)

## **Gymnastics Club**

Dear Parents,

I am excited to be offering Gymnastics again after Easter as an extra curricular school club for all abilities. This will be available for all years including reception.

I am a fully qualified British Gymnastics Level 2 Woman's Artistic Coach and Level 1 Pre-School Gymnastics Coach. After competing for Great Britain myself in gymnastics, I now have 18 years of coaching experience. Using my knowledge of the sport, I am very interested in the progression of gymnastics, and like to encourage children to engage in movement and physical education/fitness.

The classes I offer aim to gain confidence in the children along with flexibility, strength, stamina, posture and good physical well being. They will consist of games, developing and learning new skills, stretching and generally having lots of fun!

Classes will run over the course of 10 weeks, week commencing Monday 2nd May. Classes are for 1 hour and will cost £7.00 per child, they will be split into two groups:

**Key Stage 1 - Thursday Before-school Club 7.30-8.30am (Reception/Year 1&2)**

**Key Stage 2 - Thursday After-school Club 3.30-4.30pm (Years 3-6)**

If you feel this is something your child will be interested in or has been coming to the club already and wants to continue, please send an email to [laurenbakergymnastics@gmail.com](mailto:laurenbakergymnastics@gmail.com) as soon as possible. There are limited spaces available and classes operate on a first come first served basis. Your child's place will be secured as soon as full payment for the term is paid.

Kind Regards,

*Lauren Baker*