

Foundation Sports

Gymnastics @ Ad Astra Infant School

Foundation Sports are delighted to announce the introduction of Gymnastic classes to Ad Astra Infant School. Classes will be lead by Women's Artistic coach and ex-gymnast, Beth Hounsell, who has been involved in Gymnastics for the past 18 years.

There are waiting lists at most gymnastics clubs in Dorset, this is an amazing opportunity to be taught real gymnastics by a qualified and experienced gymnastics coach at Ad Astra.

Gymnastics is a widely renowned sport that can improve overall fitness, strength, balance and body control, as well as helping to improve athletic performance in any other sport. Gymnastics is a widely renowned sport that can improve overall fitness, strength, balance and body control, as well as helping to improve athletic performance in any other sport.

Day: Every Wednesday **Time:** 4:15-5:15pm

Venue: Ad Astra School Hall

Fee: TASTER SESSION NEXT WEDS, £24 after Easter up until half term. Bacs payment: 42423868 30-98-97 PLEASE LEAVE CHILDS NAME AS REFERENCE WITH AA AFTER

Everybody is welcome, Boys and Girls.

**For more information contact:- Josh tel – 07896 119897 / Email:
dorset@foundation-sports.com
www.foundation-sports.com**

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REPLY SLIP – FOUNDATION SPORTS GYMNASTICS

Children's
name/s:.....

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Parent's
name/s:.....

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Emergency contact
number:.....

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Email
address:.....

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Additional
comments:.....