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## After School Gymnastics at Coulsdon C of E School for Years 1-3

**Our session will run on a Friday after school in the hall from 3:30-4:15pm.**

The children will come straight from class into the hall. They will need collecting promptly at 4:15pm after gymnastics from the school playground.

**The dates for this term are:**

**Friday 20<sup>th</sup> September – Friday 6<sup>th</sup> December 2024**

**It will be a 10-week course at the cost of £65.00.**

**PLEASE NOTE THERE WILL BE NO GYMNASTICS ON  
FRIDAY 4<sup>TH</sup> OCTOBER AND Half Term - 25<sup>TH</sup> OCTOBER 2024**

Flexi Flics welcomes all gymnasts of all levels, whether they are a complete beginner or have done gymnastics before. Our sessions are fun, challenging and engaging. Our main goal is to build our gymnasts confidence while teaching them different gymnastics skills in a safe and friendly environment. We aim to encourage all levels of gymnasts and help them to improve their balance, coordination, flexibility, as well as encouraging them to do the best they can. Our sessions are based around the Winstrada award scheme, where each gymnast will work towards achieving badges and certificates to show their progress.

**Please note: Children who already attend gymnastics will also need to resign up again for the new term.**

**Our sessions are run on a first come, first served basis. If you would like to sign up to the after-school session, we ask that you contact Flick directly, where she will send you a link to fill out our online registration form.**

Once the form is complete Flick will be in contact regarding payment to secure your space. Please note, spaces are not secure until payment has been received.

Please feel free to like our Flexi Flics Facebook page for updates on holiday sessions and our external classes.

Flick and The Flexi Flics Team

