

Fun Fitness for Pre-Schoolers

Summer 2010 in Moormead Park

Georgie Islip, who has worked with children from Orleans Infant School for several years now, also runs a course designed specifically for pre-schoolers. The next course will kick off in April in Moor Mead park, as usual. The course will consist of 11 sessions where the first one is a free no obligation class* (no session during half term, week commencing 31 May), and costs £75. Sessions will include the following:



- Games, exercises and skills all adapted to help with pre-school co-ordination
- Skills to help with starting at infant school. (eg. listening, completing instructions, group play)
- Ball skills, catching, throwing, kicking
- Improving basic fitness
- Enjoying exercise

Day	Time	Venue	Dates
Thursday	2 - 2.45pm	Moor Mead Park	22 April - 8 July
Friday	10.30 - 11.15am	Moor Mead Park	23 April - 9 July

*** The first session on 22 / 23 April will be a free no-obligation trial class. If you are at all unsure about whether the classes will be suitable for your child, come along and let them give it a go.**

Please ensure that all children bring a drink and are wearing suitable sports kit and trainers. For further information please call Georgie on 07736 070612. (Georgie is CR&B registered.)

To reserve a place for your child, please return this form, with your payment, by 31 March.



Pre-Schooler's Booking Form

Child's name _____ Date of birth _____

Emergency contact number _____ Home contact number _____

Address _____

Class, day and time _____

Email address _____

Medical conditions _____

Any other information _____

Please make cheques payable to Georgie Islip and post to 46 St Margarets Grove, Twickenham, TW1 1JG. Thank you.