



Liden – Gymnastics Club – Term 3 & 4

Liden Academy is committed to providing pupils with as many opportunities as possible. We are delighted to be offering two FREE after school clubs for both KS1 & KS2 children. Please see below details of the club timetable:

During the club children will build on prior Gymnastics knowledge, learn new skills and develop routines using specialist equipment and apparatus. The club will provide children with an opportunity to interact with friends, whilst taking part in fun and appropriate physical activity. We appreciate that 10 weeks of Gymnastics is a lot and therefore will be flexible in what we offer pupils during the club - this may include; circuit based training/fitness, multi-skills games/activities and other fun team building challenges.

YEAR GROUPS	CLUB	DAY/TIME	DATES	HOW TO SIGN UP
YEAR 3,4,5 & 6	GYMNASTICS CLUB	Mondays 3.15 - 4.15pm	<p><u>Term 3</u> 08/01/24 – 05/02/24 (5 weeks)</p> <p><u>Term 4</u> 19/02/24 – 18/03/24 (5 weeks)</p> <p>10 sessions in total</p>	<u>Book through MCAS</u>
YR 1 & 2	GYMNASTICS CLUB	Tuesday 3.15 - 4.15pm	<p><u>Term 3</u> 09/01/24 – 06/02/24 (5 weeks)</p> <p><u>Term 4</u> 20/02/24 – 19/03/24 (5 weeks)</p> <p>10 sessions in total</p>	<u>Book through MCAS</u>

These clubs run for two terms (term 3 & 4) so please ensure your child has availability on all the above dates. If your child continually misses club without appropriate reasoning, their space may be given to another pupil who is on our waiting list.

PICK UP FROM SCHOOL OFFICE AT 4.15PM UNLESS CHILDREN HAVE PERMISSION TO WALK HOME INDEPENDANTLY

All of our IN2SPORT staff are fully qualified, insured and first aid trained, and we pride ourselves on delivering fun, safe, and educational coaching sessions to all.

ALL EQUIPMENT PROVIDED - 18 SPACES MAXIMUM