



**Contact information:**

Text: 07557 351405

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

Website: [www.flexiflics.co.uk](http://www.flexiflics.co.uk)

**Friday After School**  
**Gymnastics Club at Coulsdon C of E Primary School**

A gymnastics club will be running in the hall on a **Friday Afternoon**. This club is open to year 1, 2 and 3. The club will run 3:30-4:15pm. Children will then need to be collected promptly from the school playground.

If you wish to sign up, your child will learn different gymnastics moves and progress through the Winstrada award scheme, hopefully achieving a badge and certificate at the end of the term, which can be purchased for £3.50. In addition to this your child will develop their coordination, balance, confidence and general gymnastics skills, while being in a fun and safe environment.

This terms dates will be:

Friday 15<sup>th</sup> September -8<sup>th</sup> December 2023.

This will be a 12-week course at the cost of £78.00.

Spaces are limited, and will be offered on a first come, first served basis. Please note, if you did gymnastics in the summer term you WILL need to sign up again, your space is not guaranteed.

To book onto the course please contact Flick on 07557 351405 or [flexiflics@gmail.com](mailto:flexiflics@gmail.com). You will then receive a link to our online form to register your child. Once the form is filled out you will be added to the register and asked to make payment to secure your space.

Please note, all fees are non-refundable once your child has received a space.

We hope To See You at Gymnastics

The Flexi Flics Team

Is your child in Reception or Year 4+ and would like to do gymnastics but there isn't a class at Coulsdon for them? Don't worry... we offer 6 general external classes a week:

Every Monday @ Old lodge lane Baptist Church, Kenley 4:30-5:30pm and 5:30-6:30pm

Every Tuesday @ Atwood School 4:30-5:30pm

Every Wednesday @ Hamsey Green School, 4:45-5:45pm and 5:45-6:45pm

Every Thursday @ De Stafford Sports Centre, 5:30-6:30pm

These 1-hour classes are great and offer a wider range of gymnastics equipment and run all year round.

To Book a FREE TRIAL please text Flick on 07557 351405 or email [flexiflics@gmail.com](mailto:flexiflics@gmail.com) or book on our website [www.flexiflics.co.uk](http://www.flexiflics.co.uk)