



Breakfast Gymnastics Club

Learn the sport of gymnastics in a safe, fun and yet challenging environment. Give your child a boost of self confidence; develop their strength, flexibility, power, coordination and balance.

Join the breakfast gymnastics club run by International Performance Coaches Plamen Lichev/Milena Licheva to benefit from one of the most demanding and rewarding sports – Gymnastics.

Monday 7:45 – 8:30 in Ravenscote Junior School's hall

11th September – 18th December 2017 (14 Weeks) Sessions are open for Year 3, 4, 5 & 6

NO Gymnastic club on: Monday 23rd October – Half term

What to bring- A change of clothes – t – shirt and shorts and a water bottle.

Cost - £70 (new members get one session free - £65!!!)

Cheques payable to Plamen Lichev

Booking information – Please return to the school office

Childs Name & Class	
Parent/Carers Name	
Emergency contact number	
Email address	
Allergies, illness, special needs, dietary restriction or medication	

Plamen Lichev

B.Sc.- Artistic Gymnastics

International Level 6 Coaching award from British Gymnastics

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