



Gymnastics & Dance Holiday Club 2017

Dates TBC For 2017
from 9am-3pm
at Barry Primary School,
School Sports Hall, Barry Road, Northampton, NN1 5JS
(Enter through the Main School gates)
for Ages 5-11 Years



Daily Plan

- Fun, group warm up games and exercises
- **Gymnastics in the morning** we will be delivering: Body shape balances, travelling, support techniques & partner work, curling & stretching, making shapes, counter balances, floor exercises and plenty more.
- **Dance in the afternoon** we will be delivering: Group dance routines, finding the beat, rhythm & timing, movement to music, rhythmic responses, choreographing your own sections of a routine.



Extra Info

- **Free T-shirt for each child** (or gift if already received)
- Please wear your BOTN T-Shirt or Sports Kit/ Gym/ *Dance Kit
- No Jewellery (earrings, necklaces, rings etc)
- Long hair must be tied back
- Bring Lunch & Plenty of Water (no fizzy drinks)
- **Registration at 9.00am**



===== Booking Form – BOOK EARLY - PLACES ARE LIMITED! =====

2 Day Course - Gymnastics & Dance Holiday Club

Dates TBC For 2017



Child's Name.....DOB...../...../.....Age.....

Address.....

.....Postcode.....

Contact Tel.....Mobile.....

Email Address.....

(we will confirm your booking via email)

Medical Information.....

Please Tick for size of T-Shirt: Small (4-5yrs) Medium (6-8yrs) Large (9-11yrs)

Please return this booking form & your payment to us ASAP at:

BackoftheNetFC, The Manor House, 77 High Street, Irchester, Northamptonshire NN29 7AA
(Cheques are payable to 'BackoftheNetfc') Tel: 07767 270304



Committed to offering the best possible development for all children