



**NMO SPORTS**



## **The Stoke Poges School**

*Set yourself up for the day with our morning Gymnastics Classes!*

*Open to both boys and girls*

**Reception to Year 6**

*Beginners to Advanced Welcome!*



### **Tuesday's**

**8.00-8.45AM**

April 23<sup>rd</sup>, 30<sup>th</sup>

May 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>

June 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>

July 2<sup>nd</sup>

**10 Classes @ £5.50 per class= £55**

### **Thursday's**

**8.00-8.45AM**

April 25<sup>th</sup>

May 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>

June 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>

July 4<sup>th</sup>

**10 Classes @ £5.50 per class= £55**

During our gymnastics classes, the children will participate in a number of activities that will develop their strength, flexibility, balance, co-ordination and many other skills. They will learn to challenge their imaginations, whilst interacting with other members of the class in a safe and controlled environment.

All classes are run by Nicola Owen-Cavaliere, an ex GB international Gymnast and IAIGC World Champion. Nicola has over 26 years Gymnastics experience with 18 years in the coaching field. She has taught in many local schools and clubs, from recreational Gymnastics through to Elite competitive level. Nicola holds a British Gymnastics Level 3 Coaching qualification, is first aid trained, holds an enhanced DBS check and Safeguarding and Protecting Children qualifications.

As part of The Coach Education Programme, Nicola mentors trainee and newly qualified coaches and will often have assistants with her at classes. All assistants have a high level of Gymnastics knowledge up to competitive standard and hold the appropriate qualifications to lead or assist during lessons.

#### **Trial Class £5.50 (payment made on arrival)**

Beginners may attend one trial class/ taster session to see whether they like the club, enjoy Gymnastics and would like to participate for the full term.

**All applications to be EMAILED to**

**[nicola.owen91@live.co.uk](mailto:nicola.owen91@live.co.uk)**



For further enquiries please contact Nicola.  
Tel: 07795363355



**NMO SPORTS**



## **Application Form**

**April to July 2024**

Child's Name.....Year Group.....

Please tick which class you would like your child to attend:

[ ] Tuesday- £55

[ ] Thursday- £55

[ ] Both classes- £100

Does your child have any medical conditions or special requirements you think Nicola may need to be aware of? Please include previous injuries- broken bones etc.

.....

.....

Please provide **TWO** contact names and numbers for your child

Name.....Tel.....

Email Address.....

Name.....Tel.....

Email Address.....

I confirm that I give permission for my child to participate in Gymnastics Classes and enclose both the full payment and completed application form.

Print Name.....Sign.....

**YOUR CHILD WILL NEED TO WEAR APPROPRIATE SPORTS CLOTHING SO MOVEMENT IS NOT RESTRICTED- SHORTS AND T-SHIRT/ PE KIT / LEGGINGS OR TRACKSUIT BOTTOMS.**



**A WATER BOTTLE IS ADVISED.**

