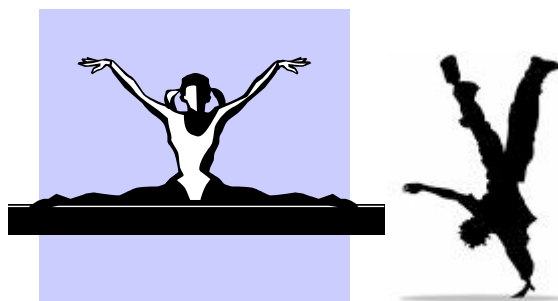


# Heathrow Holiday Club!!

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## Half Term 2010!



**Stuck with what to do this holiday?  
Bring the kids to Heathrow's Holiday Club!  
Monday 15<sup>th</sup> – Friday 19<sup>th</sup> February**

**Enjoy:**

- ◆ **Full use of all the apparatus!**
- ◆ **Fun and Games!**
- ◆ **Prizes and Certificates!**
- All Abilities Welcome!**

***Pick up an application pack at reception!***

***10am-3pm***

***Boys and Girls 4-12 only £19 per day or £90 per week***

## **Parent Pack**

Included below is all the information you need to know about the holiday club. If you need any further information please don't hesitate to ask!

### **General Information**

Children can wear leotards or shorts and t-shirts. Any long hair must be tied back and no jewellery worn. Please send them with a packed lunch and a drink in a bag or lunch box. There are water fountains at the gym so that they can refill bottles. If your child requires medication of any sort (asthma inhalers etc) please put them in a clearly labelled box or bag and make us aware so that we can access them if or when needed.

### **Running Times**

The club runs 10am-3pm. Please arrive promptly at the beginning (as it is important to warm up) and at home time as the gym must be prepared for evening classes!

### **Schedule**

The basic outline of the day is;

Fun time warm up!

Gymnastic circuits and activities using some unusual exciting equipment!

Apparatus time (bars, beams, floors, vaults, fast tracks, rings)!

Chill down time (before lunch)!

Lunchtime!

Chill up time (while our dinner goes down-play gym and trampolines)!

Apparatus time!

Show time rehearsals!

Fun time!

Presentation time!

Home!

Each day there will be fun stickers and a prize of the day for a gymnast!

There will also be a short display at the end of the week for parents/friends to come and watch!

Please pay in **advance** at reception when handing in the application form (attached) i.e a minimum of 1 day before the chosen session/s so we can anticipate the number of coaches required to provide excellent coaching ratios!

### **Contact Information**

Heathrow Gymnastics Club

**0208 569 5069**

Aibhlin McAvera (**FOR EMERGENCIES ONLY**) **07960 568 754**

**Gymnast Information Form**

Please fill out in **block capitals** and return to reception;

Dates of Holiday Club you wish to attend:

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Name: \_\_\_\_\_

Age: \_\_\_\_\_

Any medical conditions/allergies:

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Parent/Guardian contact information:

Name: \_\_\_\_\_

Relationship to child:

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Contact numbers:

Home: \_\_\_\_\_

Mobile: \_\_\_\_\_

Emergency contact if unable to contact parent/guardian:

Name:

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Relationship to child:

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Contact numbers:

Home: \_\_\_\_\_

Mobile: \_\_\_\_\_

**Thank You!**