

KETTERING GYM TOTS

The classes provide:

Under 2's - your child, with parental involvement can explore the gymnasium with fully matted floor area, climbing equipment, ball pond, balls, ropes and numerous other activities. Join together with songs and learn balances, shapes and jumps. Finally to help co-ordination using tap sticks, feathers, bean bags or a parachute we end the session with a song and a cuddle.

2-3 yrs - Share quality time with your child with a similar format as above but with slightly more challenging activities.

3 year plus - A progression to starting school. A chance for your child to gain independence and confidence by attending alone. A structured class that enables your child to use apparatus safely, to learn body awareness and gymnastic skills, all in small groups with qualified coaches.

With all groups we have an award scheme with which you may participate.

Sessions available are for 45 minutes and are as follows:

Monday	9.30am	-	2-3 years
Monday	10.30am	-	under 2 years
Monday	1pm	-	3 years plus
Monday	2pm	-	3 years plus
Tuesday	9.30am	-	3 years plus
Tuesday	10.30am	-	2-3 years
Tuesday	1.00pm	-	2-3 years
Tuesday	2.00pm	-	3 years plus
Wednesday	9.30am	-	2-3 years
Wednesday	10.30am	-	under 2 years
Wednesday	1pm	-	3 years plus
Wednesday	2pm	-	3 years plus
Thursday	9.15am	-	3 years plus
Thursday	10.15am	-	under 2 years
Thursday	11.15am	-	2-3 years

To book a place for your child contact Kerry or Vicky on 01536 415444 or ketteringgymtots@hotmail.com. More information can be found on our website www.ketteringgymnasticsclub.co.uk