

**Junior Gym MK**

**GET YOUR CHILD ACTIVE THIS SCHOOL HOLIDAY**

12th – 16th February

**\*All new members to book onto and complete an Induction prior to attending a session**

|  |  |  |  |
| --- | --- | --- | --- |
| Time | 10.00-11.00 | 15.00-16.00 | 16.00-17.00 |
| Monday | 8-15 yrs  CIRCUITS |  | 8-15 yrs  GYM  \*(Inductions) |
| Tuesday | 8-15 yrs  GYM  \*(Inductions) |  | 8-15 yrs  CIRCUITS |
| Wednesday | 8-15 yrs  CIRCUITS |  |  |
| Thursday |  |  | 8-15 yrs  GYM  \*(Inductions)yrsGYM |
| Friday |  |  | 8-15 yrs  CIRCUITS |
| Saturday |  | 8-15 yrs  GYM  \*(Inductions) |  |
| Sunday | 8-15 yrs  CIRCUITS |  |  |

Is your child aged between 8-15 years old?

**What we offer:**

* Guidance and support from our gym team to help build fitness, and boost self-esteem.
* Develop basic skills whilst using the latest training techniques and equipment.
* Apart from being active, the juniors will learn something new as well as make friends along the way.

**Costs:**

* **£18 per month via direct debit, swimming included** (please see pool timetable)
* **£20 joining fee followed by £4 per session**
* **£12 per week** you can attend as many sessions as you like.

Please speak to a member of staff for any further details as well as information on our Junior Gym memberships.

**WE LOOK FORWARD TO SEEING YOU SOON!**

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