

SPORTY TOTS

FOR AGES
2 ¾ to rising 5's



At no other point will children learn so many physical skills as they do in the first 5 years of life! The benefits of young children being physically active go way beyond just the physical benefits. Research shows that being physically active helps with the development of: Motor skills of balance, movement & co-ordination. Strong bones, muscles and heart. Maintaining a healthy weight. Social skills – how to interact, take turns. As well as developing their self confidence, establishing good habits for being active, developing important brain structures and developing communication skills of solving problems, making decisions & listening skills.

All these skills can be achieved while having fun in a safe environment

Venue: Sports Hall at The Limpsfield Club, Detillens Lane, Limpsfield, Surrey,

Time: Mondays : 9.30 – 10.15am

Mondays 10.30 to 11.15

Mondays 2pm – 2.45pm

Cost: Members (parent of child) £60 or Non Members £70 for 10 weeks

Mondays 24th April to Monday 10th July 2017 (excl 1st & 29th May)

Max 8 children per class. Run by Janet Spicer Level 3 pre school practice and ex international sports player.

To book your child's place please complete and email the form to janetspicer@btinternet.com any queries please call me: 07792 396035

Name of child.....DOB.....AGE.....

Relevant Medical info.....

Address.....

.....Mobile.....

Email address:.....

Sporty Tots Class you would like to join.....

Name of parent member if paying £60