



Childs Name: _____ Date of Birth: _____ Age: _____

Address: _____ Tel No: _____ Mobile No _____

Post Code: _____ Email Address: _____

Monday	Boness	10.45-11.30	3/5 years
		11.40-12.25	1/2 years
		12.35-1.20	2/3 years
		1.30-2.15	3/5 years
Tuesday	Mariner	9.30-10.15	2/3 years
		10.25-11.10	1/2 years
		11.15-12.00	3/5 years
		1.00-1.45	3/5 years
		1.55-2.45	2/3 years
Wednesday	Polmont	9.30-10.15	2/3 years
		10.25-11.10	1/2 years
		11.15-12.00	3/5 years
		1.00-1.45	3/5 years
		1.55-2.45	2/3 years
Thursday	Grangemouth	9.30-10.15	2/3 years
		10.25-11.10	1/2 years
		11.15-12.00	3/5 years
		1.00-1.45	3/5 years
		1.55-2.45	2/3 years
Friday	Mariner	9.30-10.15	2/3 years
		10.25-11.10	1/2 years
		11.15-12.00	3/5 years
		1.00-1.45	3/5 years
		1.55-2.45	2/3 years
Saturday	Grangemouth	9.30-10.15	2/3 years
		10.25-11.10	1/2 years
		11.20-12.05	3/5 years
		12.15-1.00	3/5 years

Mini Gyms is a fun enjoyable activity that will stimulate the body and mind of any inquisitive child.

Mini Gyms provide a range of **agility, balance** and **co-ordination** activities that are designed to help develop basic physical and social skills in a fun learning environment.

Mini Gyms lets your child explore, enjoy music, climb, roll, balance, developing skills as they play

Sessions provide a stimulating play environment that is the key to starting children on the sporting pathway and getting them active for life.

Sessions also introduce children to a variety of activities in a fun, social, safe and inclusive environment.

The Benefits of Taking Part

Your child's pre-school experience with mini gyms provides social, physical, creative and emotional awareness.

Taking part in mini gym activities provides an opportunity to help develop your child's **A, B, C's**:

Agility – Balance – Co-ordination

Signature of Parent: _____

Date: _____ / _____ / _____