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## **Before School Gymnastics at St Francis School**

**Our session will run on a Friday before school in the school hall for Year 1+**

The children will come in through the school office and go straight to class after gymnastics.

The dates for this term are:

Friday 16<sup>th</sup> April – Friday 10<sup>th</sup> July 2026

This course will run for 11 weeks at the cost of £77.00

Please note: Gymnasts will need sports appropriate clothing for gymnastics – girls will not be allowed to join in, without at least shorts under dresses.

Flexi Flics welcomes all gymnasts of all levels, whether they are a complete beginner or have done gymnastics before. Our sessions are fun, challenging and engaging. Our main goal is to build our gymnasts confidence while teaching them different gymnastics skills in a safe and friendly environment. We aim to encourage all levels of gymnasts and help them to improve their balance, coordination, flexibility, as well as encouraging them to do the best they can. Our sessions are based around the Winstrada award scheme, where each gymnast will work towards achieving badges and certificates to show their progress.

**Please note: Children who already attend gymnastics will also need to resign up again for the new term.**

**Our sessions are run on a first come, first served basis. If you would like to sign up to the after-school session, we ask that you contact Flick directly, where she will send you a link to fill out our online registration form.**

Once the form is complete Flick will be in contact regarding payment to secure your space. Please note, spaces are not secure until payment has been received. Once a space has been allocated fees are non-refundable.

Please feel free to like our Flexi Flics Facebook page for updates on holiday sessions and our external classes.

Flick and The Flexi Flics Team

