

## Parkour on Wednesdays at Eastwick School

Spring 2018

All Year groups can come and join in the fun!

After-school Parkour Club on Wednesdays in the School Gymnasium at Eastwick School.

Please Email Head Coach Stacey to sign up!

[startasticgymnastics@gmail.com](mailto:startasticgymnastics@gmail.com)

10<sup>th</sup> January – 21<sup>st</sup> March

(14<sup>th</sup> February Half Term)

**Eastwick Parkour Class: 3pm - 4:15pm Y1 & 2**

**Eastwick Parkour Class: 4:15 – 5:30pm Y3 – Y6**

Recommended for those who are interested in learning Jumps, Rolls, Tricks, Flics and how to chain moves together on floor and equipment.

10 week Term

**£75**

**£7.50 per class**

- \* Talented, Fun and Qualified UK Gymnastics Coaches with experience of teaching all ages
- \* Varied lesson plans which work on a variety of moves and equipment
- \* The SDF Badgework scheme is a set of Ten badges with different levels of gymnastics moves
- \* Badges **motivate** our gymnasts, boost **confidence** and **celebrate** their achievements
- \* The opportunity to **compete** in local Surrey Competitions against other schools and clubs
- \* Star-Tastic (Saturn V Association) is Accredited to Gold Standard with Active Surrey
- \* Coaches are DBS checked, First Aid trained and Insured with UK Gymnastics

### Star-Tastic Parkour

Star-Tastic Parkour learn a mixture of Parkour moves and use a vast range of equipment. We work on Floor tricks such as Jumps, Landing, Falling, Rolls, Handstands. There will be different equipment out each week such as Vault, Beam, Spring boards to try jumps from. All abilities welcome as there will be different levels set for Jumps and stunt sessions.

### PLEASE DO NOT HAND ANYTHING INTO THE SCHOOL

Places are offered on a First come, First serve Basis. You will receive an email back confirming your gymnasts place in the next term. The email will contain the Enrolment Form and Payment Details. It will also provide an emergency contact form that must be returned prior to the lesson. If your child does not get a place you will get an email telling you which number you are on the waiting list. Should any child not wish to continue after lesson one those on the waiting list will be contacted and offered the place in order.

