



Progressivesports[®]
...raising standards



Dedicated to giving **EVERY** child the **RIGHT** to be physically active

We invite **YOU** along to our **BREAKFAST Club**

PROGRESSIVE SPORTS are offering your child the opportunity to attend our weekly **YOGA** breakfast club at **MONTBELLE PRIMARY SCHOOL** every **THURSDAY**.

The club will focus on a different skill each week.

- Week 1&2: Focus**
- Week 3&4: Intention**
- Week 5&6: Balance**
- Week 7&8: Patience**
- Week 9-11: Core strength**

Act QUICKLY, as spaces are LIMITED!

Come along and join us, it won't be the same without you!

COURSE INFORMATION

Club is open to boys and girls in school

Reception, KSI and KS2

and runs

Every **THURSDAY** from **8.00am – 8.45am** on the following dates:

Thursday 11th January – Thursday 22nd March 2018

Course Cost: 10-week course £30.00

Please have suitable clothing and footwear. As well as a drink.

It's super easy to sign-up!

All you need to do is complete the application form and pay at the school office with, either:

- 1, Cash or;**
- 2, Cheques made payable to 'Progressive Sports'.**

"The course is a fantastic opportunity for all children, they gain so many new skills, and it's fabulous!!!"

"Booking was really quick and easy; my youngest son said, "it's great!"

"Great value for money – highly recommended!"

Want more?

Come along to our Multi-Sport holiday courses during half term and experience the fun filled excitement of lots of different sports and dance.

For more information contact us on **0208 854 1153** or visit www.progressive-sports.co.uk/southeastlondon

COURSE Application Form

Yoga

Parent/Guardian Details

Title: _____ First Name: _____ Surname: _____

Address: _____

Postcode: _____

Home No: _____ Mobile: _____

Email: _____

Name of Child

DOB

School Year

1) _____

2) _____

3) _____

Health Problems/Allergies: _____

Total Cost: Number of children: _____ @ £30.00 = _____

Make cheques payable to 'Progressive Sports'

Signed: _____ Date: _____