

GYMNASTICS AND **TRAMPOLINING**

FEBRUARY HALF TERM ACTIVITY DAY
AT JOHN SPENDLUFFE SCHOOL, ALFORD
THURSDAY 19TH 2026

Activities include Trampolining, Vaulting, Low Beams, Trampette and floor work.

5-15 YEARS, GIRLS, AND BOYS OF ALL ABILITIES

Session 1- 10:00-12:15 Session 2- 12:45-3:00pm

£24 for both Sessions. £13 for Session 1 or 2

QUALIFIED EXPERIENCED COACHES

Please bring Plenty OF DRINKS AND SNACKS

And LUNCH if staying for both Sessions.

Fun and enjoyable sessions for all age and abilities.

For more information or a booking form text

GARETH on 07861 424541

Spaces are limited. Spaces will be held on payment, please fill out form and e-mail form back to Gareth at: garethbutlerisc14@hotmail.com

Hope to hear from you soon. Gareth and Debby