



# October Half term Yoga & Dance

## Children in Years 5 & 6

Monday 29<sup>th</sup> & Wednesday 31<sup>st</sup> October 2018

All Saints Church, Berkhamsted

**Charli Fletcher** will be running these fitness-based dance and yoga half term classes for children in years 5 and 6.

Our classes are designed to encourage high-energy participation through a range of movement-based dance warm-ups, as well as exploring different yoga styles, focusing on supporting wellbeing in both the mind and body, whilst increasing fitness and body-image confidence.

Our aim is to keep your child active and energised, in a positive and safe environment that is fun for all!

Monday 29<sup>th</sup> 0930-11am £12

Wednesday 31<sup>st</sup> 0930-11am £12

(Book both classes for £20)

**Complete the form below and return with payment to Jo Harding @**

**9 Birtchnell Close, Berkhamsted, HP4 1FE or email to [classesinfo@active-creative.com](mailto:classesinfo@active-creative.com)**

Please note, there are limited places available for this club and spaces will be allocated on a first come first served basis.

Contact **Jo** at Active Creative for further information (01442 865240 or [classesinfo@active-creative.com](mailto:classesinfo@active-creative.com)).



### HALF TERM YOGA & DANCE – BERKHAMSTED

VENUE: ALL SAINTS CHURCH, SHRUBLANDS ROAD, BERKHAMSTED, HP4 3HY

MONDAY 29<sup>th</sup> & WEDNESDAY 31<sup>st</sup> 2018 (Please circle)

Childs Name, School & School Year:	
Parent / Carer Name:	
Contact No:	
Contact Email:	
Emergency Contact Name:	Emergency Contact No:
Does your child suffer from any medical conditions which you think we should be aware?	
Please tick if you DO NOT want your child to be used in any promotional material.	
Person collecting:	Walking Home (please tick)
£12 per session or £20 for both sessions – cheques payable to Active Creative or Bank Transfer Ac No: 07695328, Sort Code: 09-01-29. Please use YOGAHALF{SURNAME}AUT18 as a reference	