

## BRISTOL HAWKS GYMNASTICS CLUB

| <b>GYMNASTICS</b> | <b>All courses must be paid for ONE week in advance</b> |            |                   | 6 weeks | Session |
|-------------------|---|------------|-------------------|---------|---------|
| MONDAY            | BG Awards Grades 8-5                                    | 4yrs-8yrs  | 4.00pm - 4.45pm   | £33.00  | £5.50   |
|                   | BG Awards Grades 4-2                                    | 5yrs-10yrs | 4.45pm - 5.30pm   | £33.00  | £5.50   |
|                   | BG 1 & Bronze, Silver, Gold Girls                       | 7+yrs      | 5.30pm - 6.15pm   | £33.00  | £5.50   |
|                   | Intermediate Boys Gym                                   |            | 4.45pm - 6.15pm   | £57.00  | £9.50   |
| TUESDAY           | BG Awards Grades 8-5                                    | 4yrs-8yrs  | 4.00pm - 4.45pm   | £33.00  | £5.50   |
|                   | BG Awards Grades 4-2                                    | 5yrs-10yrs | 4.45pm - 5.30pm   | £33.00  | £5.50   |
|                   | BG 1 & Bronze, Silver, Gold Girls                       | 7+yrs      | 5.30pm - 6.15pm   | £33.00  | £5.50   |
| WEDNESDAY         | BG Awards Grades 8-5                                    | 4yrs-8yrs  | 4.00pm - 4.45pm   | £33.00  | £5.50   |
|                   | BG Awards Grades 4-2                                    | 5yrs-10yrs | 4.45pm - 5.30pm   | £33.00  | £5.50   |
|                   | BG 1 & Bronze, Silver, Gold Boys                        | 7+yrs      | 5.30pm - 6.15pm   | £33.00  | £5.50   |
|                   | Intermediate Girls Gym                                  | 7+yrs      | 4.45pm - 6.15pm   | £57.00  | £9.50   |
|                   | Intermediate Boys Gym                                   |            | 6.30pm - 8.00pm   | £57.00  | £9.50   |
| THURSDAY          | BG Awards Grades 4-2                                    | 5yrs-10yrs | 4.00pm - 4.45pm   | £33.00  | £5.50   |
|                   | Young Intermediate                                      | 4yrs-6yrs  | 4.00 pm - 5.30pm  | £57.00  | £9.50   |
|                   | BG Awards Grades 8-5                                    | 4yrs-8yrs  | 4.45pm - 5.30pm   | £33.00  | £5.50   |
|                   | BG 1 & Bronze, Silver, Gold Girls                       | 7+yrs      | 5.30pm - 6.15pm   | £33.00  | £5.50   |
| FRIDAY            | BG Awards Grades 8-5                                    | 4yrs-8yrs  | 4.00pm - 4.45pm   | £33.00  | £5.50   |
|                   | BG Awards Grades 4-2                                    | 5yrs-10yrs | 4.45pm - 5.30pm   | £33.00  | £5.50   |
|                   | BG 1 & Bronze, Silver, Gold B and G                     | 7+yrs      | 5.30pm - 6.15pm   | £33.00  | £5.50   |
| SATURDAY          | BG Awards Grades 8-5                                    | 4yrs-8yrs  | 9.45am - 10.30am  | £33.00  | £5.50   |
|                   | BG Awards Grades 4-2                                    | 5yrs-10yrs | 10.30am - 11.15am | £33.00  | £5.50   |
|                   | BG 1 & Bronze, Silver, Gold B and G                     | 7+yrs      | 11.15am - 12.00   | £33.00  | £5.50   |
|                   | BG 1 & Bronze, Silver, Gold B and G                     | 7+yrs      | 1.15pm - 2.00pm   | £33.00  | £5.50   |
|                   | BG Awards Grades 4-2                                    | 5yrs-10yrs | 2.00pm - 2.45pm   | £33.00  | £5.50   |
|                   | BG Awards Grades 8-5                                    | 4yrs-8yrs  | 2.45pm - 3.30pm   | £33.00  | £5.50   |
|                   | BG Awards Grades 4-2                                    | 4yrs-8yrs  | 3.30pm - 4.15pm   | £33.00  | £5.50   |
|                   | BG Awards Grades 8-5                                    | 4yrs-8yrs  | 4.15pm - 5.00pm   | £33.00  | £5.50   |
|                   | BG Awards Grades 4-2                                    | 5yrs-10yrs | 5.00pm - 5.45pm   | £33.00  | £5.50   |

### **SHAOLIN MARTIAL ARTS AND YOGA**

|          |                      |            |                 |                              |       |
|----------|----------------------|------------|-----------------|------------------------------|-------|
| MONDAY   | YOGA                 |            | 7.00pm - 7.30pm |                              | £2.75 |
|          | Shaolin Martial Arts |            | 7.30pm - 9.00pm | £5.00/hour; £7.00/ 1 ½ hours |       |
| THURSDAY | Shaolin Martial Arts | Youngsters | 6.30pm - 7.00pm |                              | £2.75 |
|          | Shaolin Martial Arts |            | 7.00pm - 8.30pm | £5.00/hour; £7.00/ 1 ½ hours |       |
| FRIDAY   | Shaolin Martial Arts |            | 7.30pm - 9.00pm | £5.00/hour; £7.00/ 1 ½ hours |       |
| SATURDAY | Shaolin Martial Arts |            | 2.30pm - 5.30pm | £5.00/hour; £7.00/ 1 ½ hours |       |

### **PAY AND PLAY SESSIONS**

|   |                               |             |                   | 6 Sessions | Session |
|---|-------------------------------|-------------|-------------------|------------|---------|
| MONDAY, TUESDAY, WEDNESDAY, THURSDAY AND FRIDAY |                               |             |                   |            |         |
|   | Parent & Toddler Play Session | 18mths-4yrs | 10.00am - 10.45am | £27.00     | £5.00   |
|   | Parent & Toddler Play Session | 18mths-4yrs | 10.45am - 11.30am | £27.00     | £5.00   |
|   | Parent & Toddler Play Session | 2yrs-5yrs   | 11.30am - 12.15pm | £27.00     | £5.00   |
| SATURDAY  |                               |             |                   |            |         |
|   | Parent & Toddler Play Session | 18mths-4yrs | 9.00am - 9.30am   |            | £3.50   |
|   | Parent & Toddler Play Session | 18mths-4yrs | 12.15am - 12.45pm |            | £3.50   |

**Please register your gymnast at reception upon arrival**

Following 2 pay-as-you-go 'taster sessions' all gymnasts must be members of Bristol Hawks Gymnastics Club. This includes appropriate membership of British Gymnastics. Membership for the year 1<sup>st</sup> October 2017 to 30<sup>th</sup> September 2018:

|                                |     |
|--------------------------------|-----|
| Standard Membership            | £25 |
| Competitive Gymnast Membership | £50 |

See Web Site for more details.

[www.bristolhawksgymnastics.org](http://www.bristolhawksgymnastics.org)

Email: [HJMBristolHawks@aol.com](mailto:HJMBristolHawks@aol.com)

**WHY NOT PARK IN ALLHALLOWS ROAD:**

