



Smarties Pilates

Dates:

Mondays:

01.04.19

08.04.19

29.04.19

13.05.19

20.05.19

03.06.19

In conjunction with the Big Lottery Fund, YES @ Richmond School are hosting a 6-week movement and exercise project, designed for all abilities.

The aims are:

- To bring children of primary school age together in order to participate in fun exercise classes designed to improve their strength, flexibility, mobility, balance and coordination.
- To take part in small group based exercise classes using a variety of equipment designed to motivate and challenge the participants.
- To teach breathing patterns and relaxation techniques in order to increase confidence, competence and core strength which will improve posture and have a positive impact on academic learning.

Time: 4.15pm—5.15pm**Venue:** Richmond School
Darlington Road
Richmond
North Yorkshire
DL10 7BQ

Workshop size is limited to 12.

Audience:

Primary School pupils of all abilities

Closing date for bookings is 18th March 2019, Your place will be confirmed by 22nd March 2019.

Standard price:

£20 / pupil for the 6 week programme

Training led by:

Anne Thorogood—Primary Physical Education Specialist and Fitness & Pilates Instructor

Anne is an experienced Primary School Teacher having taught in several local primary schools. She was previously a Sports Coordinator for the Risedale Schools Sports Partnership. Anne has been teaching Pilates in the community for 13 years and is keen to pass on her knowledge and understanding of this subject to groups of Primary School children in a fun based learning environment.

To book your place please

register via our website:

www.yesatrichmondschool.net/Training-Events

or email

yes@richmondschool.net

Closing date: 18th March 2019

Image by Matthew

**Cancellations/Refunds**

Cancellations of training events are subject to a 25% administration fee where the cancellation is made 3 weeks or more before the date of the event. No refund is payable for a cancellation made within 2 weeks prior to the training course – in this event the full sum shown on the invoice remains payable.