



Smarties Pilates

 **25** CELEBRATING 25 YEARS OF THE NATIONAL LOTTERY

Dates:

Thursdays:

07.11.19

14.11.19

21.11.19

28.11.19

05.12.19

12.12.19

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 22nd October 2019, Please note your place will not be guaranteed until payment and completed consent form has been received.

Standard price:

£27 / pupil for the 6 week programme

Training led by:**Jade Morris—Pilates & Yoga Instructor, JSH PYM**

Jade is an experienced Pilates and Yoga instructor who has worked with a variety of ages, from primary school children to the older adult. Since a young age, Jade has been involved in dance and movement and thrives on passing this passion onto to others. Her classes will focus on groups of Primary School children in to learn the principles of Pilates 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: 22nd October 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.