



Mr. Gary Spracklen - Headteacher (@Nelkcarps)



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Wednesday 8th November 2017 - Monday Fitness -

Dear Parents and Carers,

In partnership with 'Luke Hayter Fitness', I am pleased to announce the launch of 'Monday Fitness' at The Prince of Wales School. This is a trial concept, which if successful, we hope to expand to other days and a wider range of sport and non-sport related activities.

Monday fitness will comprise of -

- **'Mummy Moves' - 14:30-15:20 - Every Monday - Term Time Only**

Fitness activity for Mums and their babies. Small group size with expert instructor

£5 Per Session

- **'Junior Fitness Club' - 15:30-16:30 - Every Monday - Term Time Only**

Fun fitness activity for Year 2, 3 and 4 pupils at our School with an expert instructor.

£4 Per Session

N.B - Children attending 'Junior Fitness Club' can, if they wish, link with 'CAPOW: After-School' provision to provide extended-school provision from 15:30-18:00 for £10.

- **Adult Fitness Club - 17:00-18:00 - Every Monday Term Time Only**

Fun fitness activity in a supportive environment. Expert instructor.

£5 Per Session

All sessions must be booked and paid for in advance, bookings must be made in half-termly blocks (usually six week blocks). To book, please call into the school office and speak with Mrs Troughton or Mrs Mabey. **Please note spaces for each session are limited and will be offered on a first come, first served basis.**

I welcome feedback about this new initiative.

Yours faithfully,

Mr. Gary Spracklen - Headteacher



INVESTOR IN PEOPLE

