

6<sup>th</sup> September 2019

Dear Parent/carer

**Year 3 & 4 Pilates**

I am pleased to be able to offer your child an opportunity to join the Kids' Pilates Class on Tuesday Mornings.

The World Health Organisation (WHO) advises that children should have at least three hours of daily activity from the age of 1.

Pilates is a method of exercise that consists of low impact flexibility, helping children to improve motor skills, balance, co-ordination, strength, concentration and overall health & well- being whilst having fun.

Sessions will start Tuesday 17<sup>th</sup> September till 22<sup>nd</sup> October 2019, 8am-8.45am and will be held in the small hall. There is a charge of £22 per 6-week term.

If your child wishes to take part in the Pilates Class with Kirsteen Kilgour, qualified Physiotherapist and Pilates instructor please complete and return the slip below by Tuesday 10<sup>th</sup> September 2019.

You will be informed by Kirsteen Kilgour via email if your child has a place and details on how to make payment will be provided.

Many thanks.

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**Kids' Pilates Class**

This information will be passed on to Kirsteen Kilgour.

I would like my child ..... Class ..... to attend the Pilates class on Tuesday Mornings.

Any medical conditions.....

Email address.....

Signed.....