

ANGELA'S ANGELS & ATHLETES GYMNASTICS/ ATHLETIC PREP at Belvoir Christian Academy

Classes offered for boys and girls ages PK2 through 3rd grade.

Class Times:

- Pre-K2/3/4 - Mondays – 10:00 – 10:45 a.m.
- Kindergarten – 3rd grade - Tuesdays - 3:00 - 3:45 p.m.

\$160 per semester - Payment is due with this form.

Activities include forward rolls, backward rolls, cartwheels, handstands, balance beam movements, forward and backward hip circles on the bars, back/forward hand spring movements, various jumping (plyometrics), age appropriate fitness activities such as pushups, pull-ups, sit-ups, leg lifts, burpees, jumping jacks, bear crawls, duck walks, spider crawls, sprints, basketball, football, soccer drills, etc.

Make checks payable to **Angela's Angels and Athletes** and leave payment attached to this form at the child care or school office. (Cash accepted - place in envelope with child's name and attach to form). No registration fee is required. A one-month cancellation notice is required.

We also offer classes at Boyd Buchanan, The Blessing Place, Hickory Valley, Memorial, Mill Creek, Ridgedale and Grace Daycare.

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Name of Day Care/School _____ BCA _____

Child's Name _____ Parent's Name _____

E-mail _____ Phone _____

Teacher _____ Age/Grade _____

Contacts:

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Decades of Experience!

“Like” us on Facebook at Angela's Angels and Athletes.

