



Class Timetable (April, May, June 2015)

Day	Age	Class	Standard	Time	Venue	Starts	Coach	Cost
★ Mon	7,8,9,10 yrs	Speed4Sports	S4S Cubs	5.15 – 6.00pm	Blackrock Park	April 13	Aled	€ 90
Mon	11-16 yrs	Speed4Sports	High-Ask Aled	6.30-7.30pm	Froebel College	April 13	Aled	€ 90
Tues	3,4, yrs	Codex Kids	Cubs	3.30- 4.00pm	Froebel College	April 14	Aled	€ 90
Tues	3,4, yrs	Codex Kids	Cubs	4.00-4.30pm	Froebel College	April 14	Aled	€ 90
Tues	5,6, yrs	Codex Kids	Cougars	4.30 - 5.00pm	Froebel College	April 14	Aled	€ 90
Tues	7,8,9,10 yrs	Codex Kids	Cheetahs	5.00 - 5.40pm	Froebel College	April 14	Aled	€ 90
Tues	9-15 yrs	Speed4Sports	S4S Cougars	5.45 - 6.30pm	Froebel College	April 14	Aled	€ 90
★ Wed	9 +	Running Class	Athletics Based	4.30-5.15pm	Deer Park	April 15	Aled	€ 90
Thurs	7,8,9 yrs	Speed4Sports	S4S Cubs	4.30 - 5.15pm	Froebel College	April 16	Aled	€ 90
Thurs	9 – 15 yrs	Speed4Sports	S4S Cougar	5.15-6.00pm	Froebel College	April 16	Aled	€ 90
★ Fri	Ladies	Running	Details online	9.30 – 10.30am	Deer Park	April 17	Aled	€ 90
Sat	3 & 4 yrs	Codex Kids	Cubs	9.30 – 10.00am	Mt Anville Nat	April 18	Aled	€ 90
Sat	5, 6, 7 yrs	Codex Kids	Cougars	10.00 - 10.40am	Mt Anville Nat	April 18	Aled	€ 90
Sat	3 4,5 yrs	Codex Kids	Cubs	10.40 –11.10am	Mt Anville Nat	April 18	Aled	€ 90
Sat	8,9,10 yrs	Codex Kids	Cheetahs	11.10 –11.50am	Mt Anville Nat	April 18	Aled	€ 90

Children's Codex Kids Birthday Parties **NOW** available in Blackrock. Multi activity & Sports parties available to children from Junior Infants to 3rd Class. All details and video at www.aledhughes.ie in Codex Kids - Kids Parties

Application Form

Name of Child : Email Address

Address..... Age of Child Boy/Girl

Telephone :Mobile Class Attending :

Day of Class Time of Class I enclose a cheque/cash for €.....

Parents Signature : (I have read all rules and policies in regards to venue procedures)

Dates of classes for the term

<i>Mondays Dates</i>	<i>April 13,20, 27,May 4, 11, 18, 25 June 1, 8 , - 9 weeks.</i>
<i>Tuesday Dates</i>	<i>April 14, 21, 28, May 5, 12, 19, 26,June 2, 9 - 9 weeks</i>
<i>Wednesday Dates</i>	<i>April 15, 22, 29, May 6, 13, 20, 27, June 3, 10 – 9 weeks</i>
<i>Thursday Dates</i>	<i>April 16, 23, 30,May 7, 14, 21, 28, June 4, 11 – 9 weeks</i>
<i>Saturday Dates</i>	<i>April 18, 25, May 2, 9, 16, 23, 30, June 6, 13 – 9 weeks</i>

Venue details and regulations of facility usage.

Froebel College & Adult Education Centre – off Mount Merrion avenue. There is a small road off Mount Merrion avenue after cross avenue. You enter by this entrance. You **DO NOT** enter through Sion Hill School.

This facility has very strict rules and regulations in regards to hiring. All parents have to be very aware of these, as if we break their rules, we will be asked to leave immediately without any refunds. We have been warned previously

- All parents must drive through side road off cross avenue.
- You cannot enter through Sion Hill school by car.
- Parking is only permitted at the side car park by the adult education centre
- There is not parking permitted on any of the double yellow lines.
- Children are asked to walk around on the tarmac and not run on the grass.
- Children CANNOT play before or after classes on the grass outside the hall.
- All water bottles are to be left outside the hall on the table provided.
- Parent are asked to sit outside the hall for all classes unless it is for Codex kids classes for Cubs/Cougars.

Mount Anville National School, Lower Kilmacud Road, Stillorgan

Classes are on Wednesdays and Saturdays and all parents are asked to enter the facility from the side entrance of the school. The side doors of the school will be open.

Payment

Please make cheques payable to ; Aled Hughes. Please post cheque and completed application form to Aled Hughes, 14 Redesdale Road, Mount Merrion, County Dublin

Private Sessions

These sessions will focus on the child's individual requirements. We teach children how to run faster, be a better athlete, catch a ball, sprint faster, get fitter and even how to ride a bike. Call us to arrange a session. 0876189053