



Dear Parent,

Please find enclosed our new Programme, which is on the 2nd page.

We have some exciting new classes starting in September. They are

- **Gym BT**
- **Codex Kids MS Circuits**
- **Codex360**

Gym BT is “gymnastics body training” . Young athletes are looking to get faster and stronger and when you watch the video enclosed you will see very strong and flexible athletes in action. No weights will be used , only their body weight. It’s a fantastic new class. The focus is to help athletes moves faster, turn quicker, run faster etc but through isometric exercises.
Gym BT Video

Codex MS Circuits – Codex motor skills circuit class is a straight circuits class whereby the children show up and do 10-20 exercises around the hall for 30 minutes. It’s a fantastic class for children who need help with their motor skills, dyspraxia, DCD, dyslexia. Lots of music and fun. Its way cheaper than any other class as its only circuits every week. Codex MS Circuits Video

Codex360 - These sessions are private 1-2-1 sessions here children work with Aled privately. These 30 minute session focus intensively on the child’s specific needs. We work with children who need attention on their motor skills, co-ordination, hand-writing skills, dyspraxia, DCD, self confidence, self esteem through bilateral integration and codex exercises. [Codex360 Video](#)

As well as the above we have our very popular Codex Kids and Speed4Sports Classes. Details about these classes are enclosed on the links below.

[Codex Kids](#) Video

[Speed4Sports](#) Video

Thank You

Aled Hughes

Workshop with Aled Hughes

“ How to put [Bilateral Integration](#) into home exercises ”

Monday 18th September

6.30-8pm



Weekly Class Timetable

(Sept to Dec 2017)

Day	Time	Class	Age	Standard	Venue	Starts	Last Class	Cost	Coach
Monday	3.35-4.10pm	Codex Kids	3,4,5 yrs	Cubs	Scouts Hall Mount Merrion	Sept 4	Dec 11	€160	Aled
Monday	4.10-4.45pm	Codex Kids	6,7 yrs	Cubs/Coug	Scouts Hall Mount Merrion	Sept 4	Dec 11	€160	Aled
Monday	4.45-5.30pm	Speed4Sports	7,8,9,10 yrs	S4S	Scouts Hall Mount Merrion	Sept 4	Dec 11	€160	Aled
Monday	5.30-6.15pm	Speed4Sports Gym BT	Invite Only Please Ask	S4S	Scouts Hall Mount Merrion	Sept 4	Dec 11	€160	Aled
Tuesday	3.30-4.00pm	Private 1-2-1 Codex360	Contact Aled	/////	Frobel College	Sept 5	Dec 12	/////	Aled
Tuesday	4.00-4.30pm	Codex Kids	3,4 yrs	Cubs	Frobel College	Sept 5	Dec 12	€160	Aled
Tuesday	4.30-5.00pm	Codex Kids	5, 6 yrs	Cougars	Frobel College	Sept 5	Dec 12	€160	Aled
Tuesday	5.00-5.45pm	Codex Kids	7,8,9 yrs	Cheetahs	Frobel College	Sept 5	Dec 12	€160	Aled
Tuesday	5.45-6.30pm	Speed4Sports	8,9,10 yrs	S4S	Frobel College	Sept 5	Dec 12	€160	Aled
Tuesday	6.30-7.15pm	Speed4Sports Gym Academy	10-16 yrs	S4S	Frobel College	Sept 5	Dec 12	€160	Aled
Tuesday	3.30-4.00pm	Codex Kids	3,4 yrs	Cubs	Parish Hall, Blackrock	Sept 5	Dec 12	€160	Staff
Tuesday	4.00-4.30pm	Codex Kids	4,5 yrs	Cougars	Parish Hall, Blackrock	Sept 5	Dec 12	€160	Staff
Tuesday	4.30-5.00pm	Codex Kids	6,7,8,9 yrs	Cheetahs	Parish Hall, Blackrock	Sept 5	Dec 12	€160	Staff
Tuesday	5.00-5.30pm	Codex Kids Skills Circuit	6,7,8,9 yrs	Coug / Cheets	Parish Hall, Blackrock	Sept 5	Dec 12	€65	Staff
Wednesday	3.30-4.00pm	Codex Kids	3,4 yrs	Cubs	Scouts Hall, Mount Merrion	Sept 6	Dec 14	€160	Staff
Wednesday	4.00-4.30pm	Codex Kids	5,6,7 yrs	Cougars	Scouts Hall, Mount Merrion	Sept 6	Dec 14	€160	Staff
Thursday	5.00-5.45pm	Codex Kids	5,6,7 yrs	Cougars	Mount Anv Nat	Sept 7	Dec 14	€160	Aled
Thursday	5.45-6.30pm	Speed4Sports Gym BT	10-16 yrs	S4S	Mount Anv Nat	Sept 7	Dec 14	€160	Aled
Saturday	8.45-9.30am	Speed4Sports Gym BT	10-16 yrs	S4S	Mount Anv Nat	Sept 9	Dec 9	€160	Aled
Saturday	9.30-10.00am	Codex Kids	3,4 yrs	Cougars	Mount Anv Nat	Sept 9	Dec 9	€160	Aled
Saturday	10.00-10.40am	Codex Kids	6,7,8, 9 yrs	Cougars	Mount Anv Nat	Sept 9	Dec 9	€160	Aled
Saturday	10.40-11.10am	Codex Kids	4,5 yrs	Cougars	Mount Anv Nat	Sept 9	Dec 9	€160	Aled
Saturday	11.30-3.30pm	Private 1-2-1	Contact Aled	/////	Mount Anv Nat	Sept 9	Dec 9	/////	Aled

Application Form Sept to Dec 2017

Name of Child :

Class in School :

Email Address

Age of Child Boy/Girl

Telephone :Mobile

Class Attending :

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