



Dear Parent,

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

We have a **NEW VENUE for Tuesday Classes**. We have moved our classes across the road from Sion Hill School to the church hall. St Philip & St James Church, Cross Avenue, Blackrock

We have **Codex kids** classes for children aged 3 – 11 years old which is fundamental to all children to learn. Before any child specialises in one sport, they **MUST** have the basic fundamental movements of physical literacy in place. [Codex Kids](#) Video

The **Speed 4 Sports** classes teach children how to move and run better. Technical knowledge with fun exercises help the children become better runners for their sports. [Speed4Sports](#) Video

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

- **Gym BT**
- **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 move faster, turn quicker, run faster etc but through isometric exercises. Gym BT Video

Codex360 - These sessions are private 1-2-1 sessions here children work with Aled privately. These 30 minute sessions 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](#)

With the new term time dates, we only have 2 enrolment periods (unlike 3 terms last year). I will accept post-dated cheques as part of the full payment. Please ask if you have any queries

Thank You

Aled Hughes

0876189053



Weekly Class Timetable

(September 2018 – Feb 2019)

Day	Time	Class	Age	Standard	Venue	Starts	Last Class	Fee	Coach
Monday	4.10-4.45pm	Codex Kids	6,7 yrs	Cubs/Coug	Scouts Hall Mount Merrion	Sept 10	Dec 10	€210	Aled
Monday	4.45-5.30pm	Speed4Sports	7,8,9,10 yrs	Cougars	Scouts Hall Mount Merrion	Sept 10	Dec 10	€210	Aled
Monday	5.30-6.15pm	Speed4Sports Gym BT	Invite Only Please Ask	S4S	Scouts Hall Mount Merrion	Sept 10	Dec 10	€210	Aled
Tuesday	2.30-4.00pm	Private 1-2-1 Codex360	Contact Aled	/////	New Venue Parish Church Hall	Sept 11	Dec 11	/////	Aled
Tuesday	4.00-4.30pm	Codex Kids	3,4 yrs	Cubs	St Philip & St James Church	Sept 11	Dec 11	€210	Aled
Tuesday	4.30-5.00pm	Codex Kids	5, 6 yrs	Cougars	New Venue Parish Church Hall	Sept 11	Dec 11	€210	Aled
Tuesday	5.00-5.45pm	Codex Kids	7,8,9 yrs	Cheetahs	Opposite Sion Hill School	Sept 11	Dec 11	€210	Aled
Tuesday	5.45-6.30pm	Speed4Sports	8,9,10 yrs	S4S	St Philip & St James Church	Sept 11	Dec 11	€210	Aled
Tuesday	6.30-7.15pm	Speed4Sports Gym BT	10-16 yrs	S4S	New Venue Parish Church Hall	Sept 11	Dec 11	€210	Aled
Saturday	8.45-9.30am	Speed4Sports Gym BT	10-16 yrs	S4S	Mount Anv Nat	Sept 11	Dec 15	€210	Aled
Saturday	9.30-10am	Codex Kids	3,4,5yr olds	Cubs	Mount Anv Nat	Sept 8	Dec 15	€210	Aled
Saturday	10.00-10.40am	Codex Kids	7-9 yr olds	Cheetahs	Mount Anv Nat	Sept 8	Dec 15	€210	Aled
Saturday	10.40-11.10am	Codex Kids	5,6 yr olds	Cougars	Mount Anv Nat	Sept 8	Dec 15	€210	Aled
Saturday	11.30 – 3.30pm	Private 1-2-1	Contact Aled		Mount Anv Nat	Sept 8	Dec 15	/////	Aled

***** **NEW FORMAT 2018/2019** *****

2 Terms this year (1) September to Xmas Break (2) January 2019 to May 2019

Application Form Sept 2018 – Xmas 2018

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 €.....

Parents Signature :

Aled Hughes, 14 Redesdale Road, Mount Merrion, County Dublin -- 0876189053