



ACROBATICS COURSES

**Saturday
11am - 12pm**

**Adults
&
Kids**

18th Sep - 4th Dec 2010



New Milton Health and Leisure

**Gore Road
New Milton
BH25 6RR**

ACROBATICS COURSE

The acrobatics course is a fun and inclusive way to improve your fitness, coordination, flexibility, stamina, and your acrobatic skills. In this course you will learn the Shaolin acrobatic movements such like high jump, double kick in the air, flying kick, butterfly kick, tornado kick, cartwheels, handstands etc.

The course should be attended by anyone with some martial arts or other sports related with acrobatics, no matter what their previous acrobatic experience is. If you have not participated in any of these related martial arts or sports please contact us before booking.

COST:

Book before 16 th August 2010			Book after 16 th August 2010		
Membership Type	Adult	Students/Kids	Membership Type	Adult	Students/Kids
Non Member	£105	£90	Non Member	£125	£110
Members	£85	£70	Members	£105	£90

HOW TO BOOK

Please return the booking form below to: UK SHAOLIN TEMPLE, 55 Upper Gordon Road, Highcliffe, BH23 5ND

Course No:

Full Name: _____ Age: _____

Contact No: _____

Address: _____

Post Code: _____

Email: _____

Membership No: _____

I prefer to pay by: _____

A. Credit/debit card over the phone, B. Bank Transfer, C. Personal Cheque

YOUR MESSAGE:

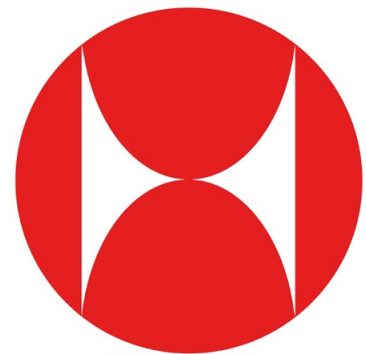
Contact detail

01425 270 097

07739 732 612

www.ukshaolintemple.com

info@ukshaolintemple.com



UK SHAOLIN TEMPLE