



## Cardio Drumming with Miss Robinson



Come and join Miss Robinson on Thursday mornings 8.15am - 8.45am for a fun filled half an hour!

Cardio Drumming addresses students' physical, emotional and intellectual needs making fitness fun, easy to teach and a blast to learn!

Cardio Drumming builds healthy strong bones and muscles and improves flexibility. It is adaptable for all physical abilities.

Cardio Drumming builds brain connections, promotes social emotional learning and improves co-ordination, teaching fine motor skills and spatial awareness whilst increasing focus and attention. The student will gain confidence and self-expression in this non-competitive and inclusive activity, all the while enhancing their academic learning.

To book a place please contact Miss Robinson direct:

[donna.robinson4@yahoo.com](mailto:donna.robinson4@yahoo.com)

Sept 19<sup>th</sup>, 26<sup>th</sup>, Oct 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, Nov 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>, Dec 5<sup>th</sup>

Cost of class £4 X 11 weeks =£44

Payment details:-

Halifax

Donna Robinson

Account number: 10656261

Sort code: 110509

Please use child's name as a reference, payments to be made in full before the start of the first class.

Many thanks,

Miss Robinson.