

Olympic Camp Week comes to The Little Gym

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The Little Gym is getting ready for 2012 with its new Olympic Camp Week this August, at centres across London and Hertfordshire. Suitable for both boys and girls of all abilities, from 3 to 12 years, the special half-day camps will allow youngsters to explore lots of Olympic-themed activities, in a vibrant, fun-packed activity session. Camps will focus on gymnastic-based skills needed for a variety of sports, including balance, flexibility, rhythm and co-ordination. All sessions will be led by professional instructors, with lots of one-to-one tuition – and gold medals are assured for all entrants!

Like The Little Gym weekly classes, all camps are non-competitive and are designed to boost confidence while building skills. All sessions will be held at The Little Gym's purpose-built OFSTED-registered centres and will incorporate a 'cool-down' creative session and refreshments. (For info, visit www.thelittlegym.co.uk)

Virginia Barlow, Gym Director commented, "Seeing Team GB achieving so much at last year's Olympics has really fired-up local youngsters. We're keen to get behind London 2012 and help kids, of all abilities, to discover gymnastics, get a great sports grounding and to enjoy the benefits it brings. Who knows, we might help someone realise an Olympic dream in the future!"

For more information and to book one (or more) camp sessions, please contact:

The Little Gym Bishop's Stortford on 01279 652017

The Little Gym Harpenden on 01582 712423

The Little Gym Westfield on 0208 735 0817

The Little Gym Chiswick on 020 8994 3729

The Little Gym Hampton Hill on 0208 977 0099 or

The Little Gym Wandsworth on 0208 874 6567

or visit The Little Gym (<http://www.thelittlegym.co.uk>)