

The Little Gym to host 'Take Dad to the Gym Week'

Submitted by: Angela Fitzhugh PR (AFPR)

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Calling all Dads! The Little Gym is hosting a special 'Take Dad to the Gym Week,' during the whole week leading up to and including Father's Day, on Sunday 21 June. From Monday 15 June, FREE sessions will be available to children of all abilities, from 4 months to 12 years, attending with their Dads. During Parent and Child sessions, for the under 3's, Dads join in the fun too, whilst those with older children can watch from a comfortable viewing gallery, and enjoy complimentary tea and coffee.

'Take Dad to the Gym' sessions will take place in The Little Gym's purpose-built gymnastics centres at Chiswick, Westfield London and Harpenden. All classes are led by qualified instructors and include gymnastics, music and group activities that help to grow skills in high-energy fun classes. Activities are geared for children (and Dads!) of all abilities, and there's lots of emphasis on building confidence, as well as co-ordination, balance, rhythm, flexibility, social and listening skills. (For info, visit www.thelittlegym.co.uk)

Andrew, Dad of Vinny, aged 2, commented, "Lots of Dads are becoming full-time carers for their children, and many more are looking to do structured activities with their kids over the weekend. But, there really aren't that many places that cater for fathers – or even where boys and girls can attend a progressive, structured activity together. The Little Gym really is a Dad-friendly place – and 'Take Dad to the Gym Week' is a great chance for new Dads to see what it's all about too."

All 'Take Dad to the Gym' sessions will be allocated on a first-come-first-served basis, with further sessions allocated after Father's Day, to avoid disappointment! For more information and to book a class, please contact:

The Little Gym Chiswick on 020 8994 3729

The Little Gym Westfield London on 0208 735 0817

The Little Gym Harpenden on 01582 712423

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

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For media information and photography, please contact Angela Fitzhugh PR on tel. (01590) 688667, mob. (07976) 925371 or email enquiries@afpr.co.uk