

# PHYSICAL SECTION



## GYM COURSE

Lordswood Leisure Centre, North Dane Way,  
Chatham, ME5 8YE

£5.00 FOR THE INDUCTION  
£2 PER SESSION FOR ALL REMAINING SESSIONS.

**Sunday 29<sup>th</sup> November 10.00-11.00am – This induction session must be attended to do this course.**

**The remaining sessions are**

**6<sup>th</sup> Dec / 13<sup>th</sup> Dec / 10<sup>th</sup> Jan / 17<sup>th</sup> Jan / 24<sup>th</sup> Jan /  
31<sup>st</sup> Jan / 7<sup>th</sup> Feb / 14<sup>th</sup> Feb / 28<sup>th</sup> Feb / 7<sup>th</sup> Mar / 14<sup>th</sup> Mar**

**The final session will be on Sunday 14<sup>th</sup> March 2010 at 10.00am where you will complete a session and get the DofE record book signed off.**

DofE Record Book will need to be shown as ID on all sessions at  
Lordswood Leisure Centre

Please note ALL sessions must be attended.

We advise suitable clothing and footwear should be worn, and you may wish to bring a drink.

Dean Harding, Summit House, Woodlands Rd, Gillingham, Kent, ME7 2BX

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*Limited spaces, first come, first served basis, consent forms on attendance please, these will be sent to you once you have registered*

**Please return the tear off slip to Dean at the above address:-**

\_\_\_\_\_ wishes to attend the **Lordswood gym** course.

**School/Unit** \_\_\_\_\_

**Home Address** \_\_\_\_\_

**Post Code** \_\_\_\_\_

**Tel** \_\_\_\_\_ **Signed** \_\_\_\_\_ parent/carer