



NEWSLETTER

Issue

No. 3

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Welcome to the Bee-fit Newsletter

Hello everyone, thank you for your continued support especially those who of you that moved with us to Goring United Reform Church in January. Also big welcome & thanks to all our new customers. We have tried to give a varied programme to challenge and please your children, however , if there is anything that you would like to see added or taken away please don't hesitate to let us know. Kind regards, Sally and Tina

Autumn Term 2005

Bee-fit will be closing for the summer break week ending 22nd July 2005.

Classes for the autumn term will commence as follows :

**St Mary's Church Hall, Goring  
Friday 9th September**

**Babies 9.15 am - 10.00am  
New Toddlers 10.15am - 11.00am  
Confident Toddlers 11.15am - 12.00noon**



**Goring United Reform Church  
Monday 5th September**

**New Toddlers 9.15am - 10.00am  
Babies 10.15am - 11.00am  
Confident Toddlers 11.15 - 12 noon  
Toddlers (over 3yrs) 1.45pm - 2.30pm**

Payment for the term will be as follows:  
Full term £36 (13 weeks)- one session FREE  
or you can choose to pay half termly.



**Please provide a deposit of £5 to secure  
a place for your child in September.**

Girls Night Out !

Date 30 July 2005

Meeting at: Carapace (upstairs) at 8pm  
(13- 15 New St Worthing).

**BE THERE !!!**

Aerobic Classes

Do you want to increase energy levels?

Burn calories and fat?

Shape and tone your body?

If you answered yes to any of the above, then

Come and Join Tina's aerobic class starting

**Monday 5th September 7.30pm - 8.30pm**

**at Elm Grove School**

# Summer Fun Picnic

**We will be getting together for a summer picnic on Monday 15th August from 11.30am - onwards, at West Park, ( to the rear of the leisure Centre) (If wet at Goring United Reform Church hall)**

**Everyone is welcome, bring a blanket and a picnic.**

**Children can join in some organised games or just enjoy the playground. Please let us know if you would like to join us.**

**Tina & sally**



## Bee-fit Parties



Did you know, we can organise birthday parties for your child -up to the age of 11 years.

*Let us do the hard work while you enjoy your child's party!.*

## Advertisements

### Perfect Pinkies

How do you busy mums fancy some timeout?

Come and have a relaxing pedicure or manicure in comfortable surroundings.

Prices start at only £10.

Come and pamper yourself and enjoy £2 off with this ad.

Also until 1/09/05 you can receive a full set of gel nail extensions for only £10!! (normal price £30)

For an appointment to include evenings and weekends call:

Yvette on 01903 260884 or 0776586 4533.

### Adult Quiz Night

You are invited to a fun quiz night on:

Friday 22nd July 2005

Goring United Reform Church at 7.30pm .

The cost is £5 per person and will include fish and chips and soft drinks.

Participants will work in teams.

All remaining proceeds will go to

Little Fishes Playgroup' for new equipment.

Partners, friends etc all welcome

Please let Tina know if you are interested.

01093 503078

### THE WAX DOLLY

Professional warm waxing in a comfortable home environment.

Flexible hours day or evening to suit.

Prices start from £5 (bikini line) to £15 for full leg wax.

To make an appointment ring:

Julia on 01903 265859.

01903  
267036



07771  
890091

### Mobile Hairdressing By 'Kath'

Ex-Salon owner/Manageress

Over 13 Years Experience

Specialising in modern cutting and  
colouring