



28th September 2022

Dear Parent/Carer

Mr Brewer and Mr Hattam recently met with Craig at ALT Movement who owns and runs fitness classes for children and adults with physical impairments.

The classes are held locally at the Globe Industrial Estate in Grays on Mondays at 7.15pm and Saturdays at 10.45am.

Please find a flyer attached which contains lots more information.

You can also follow Craig on Instagram at @alt_movement.

Yours sincerely

Treetops School/Treetops Free School

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