



BOXERCISE/KEEP FIT MORNING COURSE

Monday 18th September - Monday 4th December

NO SESSION ON 16th October & 31st October 2023

At SFA Coaching we deliver quality coaching ensuring that all participants enjoy every aspect of each session. We specialise in a wide range of different Sports, Football, Cricket, Dodge ball, Handball, Tri-golf, plus many more techniques from other chosen sports.

9 week before school **BOXERCISE/ KEEP FIT** Course at **Gayton Primary School**. The cost of the course is **£45**.

Places must be booked by completing the Google form:

<https://forms.gle/fFohBRg4TiWpNhRC6>

Boxercise for children is one of the most effective forms of cross-training available today so is suitable as part of any general fitness pursuits for children today. Boxercise for children enhances sports specific senses, including hand-eye co-ordination, balance and timing.

The classes are great for those children not engaged with more traditional sports as it is essentially a fitness class base.

Boxercise is **fun**

- Boxercise develops your child's concentration, confidence and social skills in sociable fun environments
- Children are encouraged to work as a team
- Boxercise is a great stress buster
- Excellent for motivating children
- Good for hand-eye co-ordination, stamina, strength and speed

All Gloves and Pads are provided, children must wear appropriate clothing

Options of Payment:

You can pay via BACS payment account **Number 04237679 Sort 301552 (Sport for all) ref: child's name**