



**BOXERCISE/KEEP FIT – 8:00am-8:40am**

**Monday 22<sup>nd</sup> April – Monday 8<sup>th</sup> July 2024**  
**10 week course**

**There will be no session on Monday 6th May due to the bank holiday.**

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.

10 week before school **BOXERCISE/ KEEP FIT** Course at **Gayton Primary School**. The cost of the course is **£50**.

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 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

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

**THE COURSE WILL ALSO BE A RANGE OF DIFFERENT SPORTS, TAILORED AROUND BEING ACTIVE AND KEEPING FIT.**

**Please complete the Google form to register your child for this course:**

**<https://forms.gle/XCs73AyaEDU44v9N9>**

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