



BOXERCISE/KEEP FIT MORNING COURSE

Friday 28th April – Friday 14th July

NO SESSION ON 30th JUNE. (That's why 10 week course)

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 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

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/QPBesNiJ6YpAmkK16>

Options of Payment _____ **boxercise**

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



BACS



CASH



CHEQUE