



BOXERCISE/KEEP FIT MORNING COURSE (KS2)

Friday 20th January – Friday 31st March 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.

10 week before school **BOXERCISE/ KEEP FIT** Course at **Gayton Primary School**. The cost of the course is **£50**.
Payments to be made via bank transfer, please see details below.

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.

In order to register your child for a place in the club, please complete the Google Form.

The link can be found here: <https://forms.gle/JJHwwRRsBBEshde1A>

Payments to be made by bank transfer only:

Mr I Colligan

Sport for all

Account number: 04237679

Sort code: 301542

For further information please contact Iain Colligan directly via: 07708503026