



BOXERCISE/KEEP FIT MORNING COURSE

Monday 15th January – Monday 25th March 2024

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/r9yx4VYRaMNTqFeq7>

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