



## **BOXERCISE/KEEP FIT MORNING COURSE**

**Friday 23rd September – Friday 9th December (11 weeks) KS2**

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.

11 week before school **BOXERCISE/ KEEP FIT** Course at **Gayton Primary School**. The cost of the course is **£55.00**

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 secure your child a place on the course you must complete this Google Form:**  
**<https://forms.gle/qijkAQPuWzc4BWzW9>**

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### **Options of Payment**

You can pay via BACS payment account **Number 04237679 Sort 301552 (Sport for all)**

Any queries contact **Iain Colligan 07708503026**