



BOXERCISE MORNING COURSE – 8:00am

Y3 - Y6 (KS2 only)

Friday 21st January – Friday 18th February

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.

5 week before school **BOXERCISE** course at **Gayton Primary School**. The cost of the course is **£20**

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

Options of Payment

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



BACS (name on receipt)



CASH



CHEQUE

Boxercise Consent form

Name of Child..... Age..... Class.....

Any Medical Conditions.....

Name of Parent/ Guardian.....

Emergency Contact Number.....

Second Contact Number.....

To secure a place for your child on the course please return consent forms and fee into school.

Cheques made payable to **Sport For All**, any queries contact **Iain Colligan 07708503026**