



## KEEP FIT MORNING COURSE

**Friday 11<sup>th</sup> June – Friday 16<sup>th</sup> July 8:00am – 8:45am**

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.

6 week before school **BOXERCISE** Course at **gayton Primary School**. The cost of the course is **£24**

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**

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### 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**