



## BOXERCISE MORNING COURSE (Y2-6)

**Friday 17<sup>th</sup> January – Friday 3<sup>rd</sup> April, 8:00am – 8:50am**

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.

Below is a list of dates for an **11** week morning **BOXERCISE** Course at **Gayton Primary School**.

The cost of the course is **£44.00**

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**

### 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

### 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**