



Fitclub

Fitclub provides loads of appealing games that incorporate excitement and motivation using equipment such as parachutes, spacehoppers, balls and beanbags. Benefits of Fitclub sessions will help your kids to have healthier hearts, stronger muscles and bones and greater self esteem.

All coaches have been specially trained and have received their certificate of health related fitness for children.

Courses are held on Wednesdays during term time from 4pm until 5pm and are available to children ages 5-8 years.

Prices:

Non Members	£5.20
Choice Members	£3.80
Freedom Members	£2.80

For more details please contact Carolyn Le Cocq on:
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