



Fitclub

(5-8 years old)

Fitclub is a national organization devoted to encouraging children of school age up to 8 years old to be more active.

All coaches have been specially trained and have received their Certificate of Health-Related Fitness For Children.

Benefits of FitClub sessions will help your kids to have healthier hearts, stronger muscles and bones, more self-confidence and greater self-esteem.

Physical activities include using space hoppers, balls, hoops and beanbags, all in a non-competitive environment.

FitClub is a term-time course held on Mondays and Wednesdays 4pm to 5pm. Casual sessions are held during holidays (where times may vary).

**For more details please contact Helen Mahoney on:
(01481) 747213**