


# Children's Breakfast Club Bootcamp Classes



Your child will get the chance to make their own obstacle course and teach it to the other children

We play classic fun games such as "Bulldog" and "Dodgeball" but with a fun fitness twist to the game

## SIGN UP TODAY FOR THESE FUN FITNESS CLASSES

**When-** 6 week course from Monday 1st November 2021 - Monday 6th December

**Where-** Billingshurst Primary School

**Time-** 8:00am-8:45am

**Price-**£36 for the 6 week course

**Age range:** Years 1-6 (maximum of 16 children on the course)

**What do these classes involve:** The emphasis is on making the sessions fun and enjoyable for children of all abilities. The classes are aimed at encouraging children to interact with each other and improve their own individual fitness goals as well as working in a team. For children that do not enjoy team sports this is a great class as it is a way of improving their health without having to worry about the skill of a certain sport. Please email Paul on [info@upandoutdoorfitness.co.uk](mailto:info@upandoutdoorfitness.co.uk) to find out more information on these super fun and effective classes

**BOOK NOW:** Contact Paul on 07708922792 or email [info@upandoutdoorfitness.co.uk](mailto:info@upandoutdoorfitness.co.uk)

