

EVENING CLUB

Sports Coaching & Fitness Instruction

Start Date:

Wednesday 21st October

Every Wednesday

Session 1: P5-P7 and 1st & 2nd years (Helping with the transition from primary to secondary).

Time: 18:30 - 19:30

Session 2: 1st, 2nd, 3rd & 4th years.

Time: 19:30 - 20:30

Cost:

£4.00ph or (£8 for 2h)

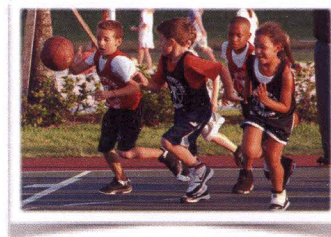
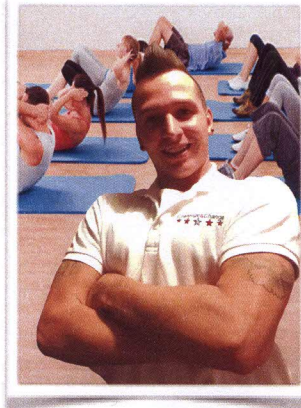
Location:

Broughton High School

(Small Sports Hall)

What you get from these sessions:

- Improved Strength and Conditioning
- Improved Reflexes & Co-ordination
- Improved Core Stability
- Improved Flexibility
- Improved Nutritional Awareness
- Improved Sporting Abilities
- Improved Confidence & Self-Esteem
- Improved Physical & Mental Health
- Learn and Develop New Skills
- Experience New Sports/Activities
- Meet New Friends...



Challenge & Change



CHALLENGE & CHANGE

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'MOTIVATING KIDS TO BE ACTIVE'

Multi-Sport & Fitness

(Basketball, Football and Fitness Activities)



20 SPACES AVAILABLE!! (Book now in order to avoid disappointment. Call or email to receive a registration form).