

# Boxercise After School Club

In Partnership with Live and Learn Sports



Live and Learn Sports will deliver a Boxercise Club which incorporates a range of boxing techniques and fitness exercises. Boxercise relies heavily on fitness so this club will develop your cardio endurance. This activity will also increase flexibility and strength as well as balance, co-ordination and confidence.

All sessions are delivered by an experienced Instructor.

**Start Date: Thursday 16<sup>th</sup> November  
(5 Weeks)**

**When: After School (1 Hour)**

**Cost: £7.50**

**Who is it for? Year groups 1 - 6**

**Please complete the registration form on the reverse page.**

If you have any questions or require further information please see school reception or alternatively call John Bell on 07717733261.

