

Up and Outdoor Fitness will be running their fantastic bootcamp sessions again next school year. If your child is interested, below are the details of the club and how to book:

Local Outdoor Bootcamp Company "Up & Outdoor Fitness" are offering fun and exciting exercise classes at Wisborough Green Primary school.

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 great class as it is a way of improving their health without having to worry about the skill of a certain sport. Children will play classic fun games such as "Dodgeball" and "Bulldog" but with a fitness twist and they get the chance to create and deliver their own obstacle courses.

All sessions are aimed at improving children's:

- Muscular strength and endurance
- Cardiovascular fitness
- Balance
- Co-ordination
- Agility
- Mobility
- Reaction skills

Watch our video

Each session is adapted to suit the children's age and ability. Please view our professionally filmed 1 minute video that was filmed at one of our Children's bootcamp classes at Rusper school <https://www.youtube.com/watch?v=xNOe41dcvtM>

Our team of trainers are fully qualified with Children's fitness qualifications, DBS checks and are fully insured.

Dates and times: The course will start on ***Tuesday 10th September 2019*** and will run every **Tuesday at 3.15pm - 4.15pm until Tuesday 23rd October**. This will be a 7 week course.

Age range: These classes are open to Year 1 to Year 6 pupils

Cost: £42 in total for the course (£6 per class per child)

To book contact:

Paul Snowsell (owner of Up & Outdoor Fitness)

07708922792

info@upandoutdoorfitness.co.uk

www.upandoutdoorfitness.co.uk