



With so much concern over child fitness, lack of activity, obesity, trying to get children more interactive and improve social skills, Boxercise has the perfect answer to providing fitness sessions that are great fun and suitable for all ages.

- Boxercise has been shown to build confidence and increase self-esteem in under-achieving pupils
- Boxercise is one of the most effective forms of cross-training available today so is also suitable as part of general fitness training for those pupils already involved in sport
- Boxercise enhances sports specific senses, including hand-eye co-ordination, balance and timing
- Boxercise is also great for those children not engaged with traditional sports as it is essentially a fitness class based on fun!

#### **Why Choose Boxercise?**

- Boxercise *is fun!*
- Boxercise develops your child's concentration, confidence and social skills in sociable and fun environment
- Kids are encouraged to work as a team
- Boxercise is a great stress buster and is excellent for motivating disaffected children
- Good for hand eye co-ordination, stamina, strength and speed and is suitable for all ages
- All sessions are NO Contact, with discipline and focus and a great sense of achievement at the end
- Progression, pupil can continue after successful completion of the Bronze Award to participate in Silver and Gold Awards

**AFTER SCHOOL SESSIONS Tuesday 11<sup>th</sup> June for 6 weeks. Award Program £50. However, we have a **SPECIAL 30%** discount for Chadsmead Primary Academy. So right now, your **Bronze Award will ONLY be £35**. Limited Spaces Available. Will be first come basis.**



### **Boxercise Bronze Awards – Chadsmead Primary Academy Booking Form**

**Please complete the booking form and return to school as soon as possible with the payment (closing date Friday 7<sup>th</sup> June 2019). You will be notified of your space before the start date. Thank you.**

<b>CHILD NAME</b>	
<b>Date of Birth</b>	
<b>Year Group</b>	
<b>Parent Email</b>	
<b>Parent Mobile Number</b>	
<b>Any Special Information</b> (Asthma, Diabetic, etc)	