

GET FIT KIDS CLUB



Do you wish you could keep up with your friends in PE lessons and clubs?

Do you run out of steam quicker than you would like?

Do you find it hard to shed the extra pounds after festive celebrations?

Do you suffer from asthma, epilepsy, diabetes or Heart Problems?

Here is an opportunity for you to start the New Year with a New You.

Come Along and give it a go.

Bring your packed lunch & drink and PE kit (including trainers)

Coaches: Miss Dyke & Mmle Barron

Who is it for?

Those children who want to get themselves back in shape and get fitter and become more active when involved in physical activity.

Where: Meet in the Hall at 12.10 with your lunch and drink

When: Every Thursday starting Thursday 4th January 2012.

ALL WELCOME