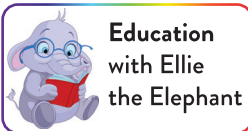




Fit Club covers a wide range of classes to help your children develop and engage in healthy activities that include our 4 Fit Club goals...

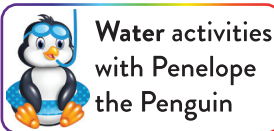
Education, Fun, Water & Fitness.



Education
with Ellie
the Elephant



Fun with
Marty the
Monkey



Water activities
with Penelope
the Penguin



Fitness
with Syd
the Slug

	ACTIVITY	TIME	AGE	COST	JOIN
Monday	Onside Tennis	16.30-17.30	4-7	FREE	Syd
	Thai Boxing	16:30 – 17:30	5-8	FREE	Syd
Tuesday	Onside Multi Sports	16.45-17.45	4-7	FREE	Syd
Saturday	Kung Fu	9.15-10.15	5-7	FREE	Syd
	Onside Arts & Crafts	9.30-10.30	4-7	FREE	Ellie
	Onside Multi Sports	9.30-10.30	4-7	FREE	Syd
	Onside (Little Boots) Football	10.30-11.30	4-7	FREE	Syd
	Onside (Wiggles & Giggles) Dance	10.30-11.30	4-7	FREE	Marty & Syd
Sunday	Onside Multi Sports	9.30-10.30	4-7	FREE	Syd
	Onside Tag Rugby	10.30-11.30	4-7	FREE	Syd

Fit Club Classes

Onside Tennis - Working on basic hand eye coordination skills and the 4 core shots in tennis.

Thai Boxing - Burn off some energy while learning various fitness moves and a few Thai boxing moves.

Onside Arts & Crafts - Messy creations galore, including finger puppets and junk modelling.

Onside Multi Sports - Range of themed sports games to help develop individual skills.

Onside (Wiggles & Giggles) Dance – Non stop fun dancing for any ability.

Onside (Little Boots) Football - A fun introduction to football, by fully qualified coaches with a unique coaching style tailored for under 8s. Correct footwear and shin pads are a must.

Onside Tag Rugby - This is a non-contact, fast moving game that is suitable for boys and girls to play together. Its safe, non-contact nature combined with the fun and liveliness of the sport, means that tag rugby is now the RFU's official version of the game for under-7s.

A full list of class descriptions can be found on www.thewarwickshire.com