



Best Programme for **GETTING KIDS ACTIVE**

Aim to keep kids fit and healthy



Challenging Young minds & Bodies through fun, Active & Creative Movement!

⚙️ I am very excited to let you know I have just started up my own Active Sports Group for kids. If you are looking for something fun and social for your child aged 4- 14years old these School holidays, this flyer gives you a **FREE** come and try session !

These Active Groups for kids will be offered in Mawson Lakes, in the park opposite The Lakes.

Sessions will be available on Saturday and Sunday- 10am – 11am. 6pm-7pm(Feel free to socialize with other adults while I exhaust your kids for you).

I am 23 years old. I may be young but I am very capable to look after your kids !

I am very qualified – I have worked as a Sport's Instructor for 3 years.

I have the experience of working at over a dozen Primary Schools, from Swan Reach to Norwood.

I have done Gymnastics for over 10 years. In this time I achieved the SA 'State Champion Title' three times. And flown over to train for the National Squad at the Australia Institute of Sports.

I have been a Hip Hop Instructor at 3 different Primary Schools.

I am very encouraging and energetic, I will be a positive Role Model to your kid.

The main idea is to keep your kids active and fit. In a fun and social way.

Each class will start off with a warm up game, fitness focussed activities, stretching, then different team building activities.

I will also be teaching them the following skills in a safe and controlled manner Gymnastics flips and rolls,

Breakdancing Moves

What is great about the programme I offer, is that your kid will be stimulated by the activities they participate in, as every week will be slightly different. But always have that fitness factor!

Your kids will love being active. These are just some of things I will be offering in my action-packed classes. Please come along and join us !