

Fitness FUN 4 Schoolers

Our action-packed School age classes are sure to get the troops in shape! Each session involves continuous, vigorous activity that incorporates endurance, strength, flexibility and motor skill development - and LOTS & LOTS OF FUN! Weekly practice of all your favourite sport skills.

Training includes:

- Circuit Training
- Cardiovascular Training
- Sports Skills Drills - weekly practice of all the team games
- Speed & Agility Drills
- Team Building Exercises

Classes use energising music that kids know and love along with fitness equipment and props to add variety and challenge to every class. We provide 45- 60 minutes of **VIGOROUS** physical activity while teaching the importance of a healthy lifestyle.

Contact us for a **FREE** Demonstration Class at your School.



IN ASSOCIATION WITH OUR FITNESS ARM



Official Partner



43 Brighton Street, Croydon, NSW, 2132
1300 738 488 or 02 9747 4259
info@funfitness.com.au
www.funfitness.com.au



FunFitness Fun 4 Kids

**Fun Fitness presents its
Fabulously FUN Fitness
Program for Toddlers, Pre-School
& School Aged Children.**



What is Fitness FUN 4 Kids?

*It is **MOVEMENT** that WIRES UP the brain.....*

FITNESS FUN exercise classes can provide children with the activity, instruction and encouragement required to develop to their full potential.

Classes are continuous fun with skill-specific equipment and safe & effective exercises designed for young children.

Each class is action packed, non-stop fitness where **Every Child is the Focus** - no waiting in line. We focus on exercise that emphasises large muscle groups, motor skills, co-ordination, balance, resistance, flexibility and aerobic activity.

Classes are energetic, educational & loads of fun..!



Why do Fitness FUN 4 Kids?

Modern lifestyles restrict and discourage the movement and sensory experiences of toddlers and pre-school children.

The development of the brain is dependent on the quality of physical activity and movement in the first few months and years of life.

Poor or delayed physical development in a child is a substantial barrier to learning. This physical development starts from birth.

Children do not “just develop” fundamental motor skills with age, as believed by many, and so they must be encouraged and get appropriate instruction to develop these basic skills.

These classes can provide children with the necessary instruction and encouragement to reach their full potential, taught by a certified youth fitness professional.



Benefits

Different movement routines are carried out, specifically for the following:

- Spatial Awareness
- Self Awareness
- Balance and Coordination
- Improved Endurance
- Flexibility
- Learning about the importance of healthy food, exercise & hygiene
- Learning Teamwork
- Relaxation at the end of class

Fitness FUN 4 Kids Programs

We have developed two levels of children's programs, Toddler's and Pre-Schooler's. These programs incorporate different competencies delivered specifically for this purpose through hands-on experience.

Toddlers Class	Pre-Schooler's
Age: 18 months to 36 months	Age: 3 to 5 years
Duration: 35 Mins	Class duration: 45-60 mins
Spatial awareness	Spatial awareness
Self awareness	Self awareness
Balance and coordination	Balance & Coordination
Learning, Listening and Copying	Improved endurance
	Flexibility
	Learning about the Importance of healthy food, exercise & hygiene
	Learning to work in a team
	Relaxation at the end of class

Classes are themed and age-appropriate with music, props, and motor enhancing equipment for each child in the class.

At Croydon Tennis Centre our program runs for 10 weeks in conjunction with the school term.

Our classes are hosted in pre-schools, crèches, primary schools including AASC and community centres throughout the inner west.

All classes are taught by a certified youth fitness professional.

Prep Tennis Program is also available for 3 - 5 year olds

