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**BOXFRESH FITNESS**

**WELCOME TO BOXERCISE FOR YEARS 3 – 6.**

Welcome to BoxFresh Fitness Boxercise after school club for kids. This club is about encouraging children to enjoy sports and keeping fit by learning various boxing techniques using pads and gloves and combining this in an organised cardio and fat burning session. It’s great fun, a great stress reliever and amazing for an all over body work out for kids. This term we will be working towards our award system, bronze, silver and gold. Our newer members will work towards bronze, whilst some of our longer term members will be working towards silver.

This block will start from Monday 30th April 2018 for 4 weeks. The last session of the term will be 21st May 2018 from 3.30pm – 4.30pm.

Your children will be sent to School Hall where I will meet them and help them get changed so there is no need to meet your child and bring them to me after school. I will release your child from the front reception area at the end of the session once I know that the relevant person has come to pick them up (as stated below) or if you have given your consent below for them to walk home on their own. **Your children should wear their PE kit for the session.** If your child has any injuries or has had previous operations that I need to be aware of please state below. **Children should bring a water bottle to the sessions and can bring a healthy snack to re-energise them also. PLEASE PICK YOUR CHILD UP PROMPTLY!**

Please email lisalogan1977@googlemail.com to confirm your place as it is first come first served. My contact number is 07957 986725 for any queries. To book your child a place please fill in the form below and return it with cash or a cheque for £26.00 payable to BoxFresh Fitness and please drop at reception as soon as possible.

**BoxFresh Fitness**

Child’s name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age and class\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name of the parent/carer picking up? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Does your child have permission to go home on their own? Yes/No (delete as appropriate)

Emergency contact number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Any medical conditions/medicine:

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Please tick if you allow photos to be published on BoxFresh Fitness’s website and other social media sites. BoxFresh Fitness run a NO Names policy in accordance with child safeguarding policies.