



BOXERCISE®



Bring Boxercise to your school!

Boxercise is a boxing based fitness program introduced in 1992 and still going strong all around the world. Leicester City SSPAN is offering a 6 week course for up to 20 children per group. Children can be any year group from 1 up to year 11 and your qualified experienced coach will adapt sessions accordingly to ensure they are engaging, fun and energetic! Where possible our coaches will make sessions cross-curricular to encompass aspects of numeracy and literacy and will encourage children to develop good boxing technique and basic fitness levels.

Throughout the course children will be able to develop different areas of their character:

- Self Discipline
- Self Esteem
- Confidence
- Teamwork
- Resilience

All kit and your coach will be provided with DBS.

Price for Member Schools is £10 per session (£20 after the initial 6week block)

To book your block please contact:

Dave.leicestersspan@gmail.com

Lucy.leicestersspan@gmail.com

WHY NOT CONSIDER A STAFF SESSION INKEEPING WITH YOUR SCHOOL WELLBEING POLICY IF YOU ARE INTERESTED PLEASE ASK.

