

## Box Blitz - Breakfast club Spring Term

Dear parent/guardian,

We are really pleased to announce BlitzFitMe will be continuing with the Boxing Fitness breakfast club in the Spring term which includes a colour graded skills certificate.

About the sessions:

The sessions will include challenging, but engaging boxing style drills, challenges and teamwork.

**Please note there will be no contact or sparring involved in the sessions.**

### Course details:

- 11-week course
- Tuesdays starting 14<sup>th</sup> January and finishing 31<sup>st</sup> March (excluding Feb half term)
- 8am-8.40am
- Years 1-6 (Limited to 16 spaces)
- Cost £44
- **Includes colour graded skills certificate**



Skills/Technique	Boxing Grading
- Different punches	.....
- Punch combos	.....
- Footwork	.....
- Skipping	.....
- Dodging	.....
- Attitude	.....

Name \_\_\_\_\_ Colour Award - Silver  
 Signed \_\_\_\_\_ Date \_\_\_\_\_

CALL 07502 942535 OR EMAIL [INFO@BLITZFITME.CO.UK](mailto:INFO@BLITZFITME.CO.UK)  
 FIND US ON FACEBOOK [FB.COM/BLITZFITME](https://www.facebook.com/BLITZFITME) @BLITZFITME @BLITZFITME

To book please contact BlitzFitMe on [blitzfitmeinfo@gmail.com](mailto:blitzfitmeinfo@gmail.com)

You will need to provide your child's name, school year and emergency contact number.

How to pay?

- 1- By cash (hand in at the school – please put your child's name on the envelope)
- 2- By bank transfer to; BlitzFitMe Ltd, Barclays bank

Account number: 73920879 Sort code: 201995

Note: If paying by bank transfer please quote Belch and your child's surname

