



Fit Club covers a wide range of classes to help your children develop and engage in healthy activities that include our 4 Fit Club goals...

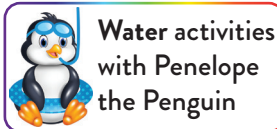
Education, Fun, Water & Fitness.



Education with Ellie the Elephant



Fun with Marty the Monkey



Water activities with Penelope the Penguin



Fitness with Syd the Slug

	ACTIVITY	TIME	AGE	COST	JOIN
Monday	Onside Tennis	16:45-17:45	4-7	FREE	Syd
Tuesday	Junior Football	16.45-17.45	4-7	FREE	Syd
	Kung Fu	16.45-17.45	4-7	FREE	Syd
Thursday	Family Yoga*	16.30-17.30	4-7	FREE	Syd
Friday	Family Yoga*	19.00-20.00	4-7	FREE	Syd
Saturday	Kung Fu	09.15-10.15	5-7	FREE	Syd
	Onside Arts & Crafts	09.30-10.30	4-7	FREE	Ellie
	Onside Multi Sports	09.30-10.30	4-7	FREE	Syd
	Onside (Little Boots) Football	10.30-11.30	4-7	FREE	Syd
	Onside (Wiggles & Giggles) Dance	10.30-11.30	4-7	FREE	Marty & Syd
Sunday	Onside Multi Sports	09.30-10.30	4-7	FREE	Syd
	Onside Tag Rugby	10.30-11.30	4-7	FREE	Syd

Fit Club Classes

- Onside Tennis** - Working on basic hand eye coordination skills and the 4 core shots in tennis.
- Junior Football** - This class is a great way to improve your football skills and play friendly matches and improve all the vital motor skills such as hand to eye co-ordination and balance as well as improving stamina.
- Onside Multi Sports** - Range of themed sports games to help develop individual skills.
- Family Yoga** - a fun way for the whole family to experience yoga. Making the fundamentals of yoga easier for everyone to enjoy.
- Onside Arts & Crafts** - Messy creations galore, including finger puppets and junk modelling.
- Onside (Wiggles & Giggles) Dance** - Non stop fun dancing for any ability.
- Onside (Little Boots) Football** - A fun introduction to football, by fully qualified coaches with a unique coaching style tailored for under 8s. Correct footwear and shin pads are a must.
- Onside Tag Rugby** - This is a non-contact, fast moving game that is suitable for boys and girls to play together. Its safe, non-contact nature combined with the fun and liveliness of the sport, means that tag rugby is now the RFU's official version of the game for under-7s.

A full list of class descriptions can be found on www.thewarwickshire.com

* Children Aged 4-7 need to be accompanied by an adult