



We have an exciting opportunity to offer a block of boxing fit coaching sessions to **primary 6 and 7** stage children starting from the 24 April for a 6 week block at Catrine Primary school.

This club will be delivered by Active Schools modern apprentice Kieran McMaster as an after school club. Kieran has competed for team Scotland in many events and with good success including winning a bronze medal at the junior commonwealth games! The boxing fit class does not incorporate physical contact to the head or body. The class will consist of fitness activities and the use of hand pads and boxing mitts for boxing skills and Kieran will show proper form and safe delivery.

If your child would like to take part in this boxing fit after school club please complete the note of interest tear off slip below and the attached registration form and return them to your primary school office by **Friday 21 April** for the attention of Barry Holmes, Active Schools Co-ordinator.

VENUE	DATES	TIMES	AGE
Catrine Primary	Mondays 24 April, 8,15,22,29 May, 5 June	3pm – 4pm	Primary 6 and 7