



## DEAR PARENTS / CARERS:

I hope this message finds you well. We're getting in touch to inform you that the Aphobos CrossFit Kids program will be running in the Spring term and there are spaces available for any new starters.

Aphobos CrossFit Kids is a physical activity program designed to make health and fitness fun for kids of all ages! With the struggles and consequences of many children's sedentary lifestyle, our program offers a safe environment for healthy activity for every child, all while focusing on having fun.

CrossFit Kids workouts consist of constantly varied, functional movements that deliver a fitness that is broad, inclusive, general, and scalable for any participant at any level. Classes are designed to incorporate kids of all fitness levels so that each child feels welcome & successful. Hard work and play are disguised into FUN & GAMES in hopes to develop a lifelong love of fitness!



What does this mean?

This means that, for the most part, no two workouts are the same, so kids never get bored and the novelty of each workout keeps them excited about participating. The functional movements involve exercises that are fundamental to all things that kids do when they play or participate in organized sports - run, throw, pull, push, climb, lift, and jump to name a few.

With workouts that are scalable, CrossFit Kids can equally benefit a child who is less active or an accomplished athlete by tailoring workouts so that each participant is challenged just enough to deliver measurable results and personal athletic progress.

All movements are taught safely and effectively under the close supervision of Coach Gemma Bailey Head Coach and Owner of Aphobos CrossFit. Currently, Coach Gemma is undergoing Professional Youth Coach Certification. She also carries a CrossFit Kids Certification, Baby and Kids First Aid Certificate and is fully DBS checked.

The class will run for 45 minutes and will take place within school grounds. The price per session is £7, one term (10-weeks) is priced at £63 which is to be paid in one instalment at the beginning of the term via cash, cheque (made out to "Aphobos CrossFit") or bank transfer to the following account:

Sort code: 60 07 37

Account Number: 49011707

Bank: Natwest PLC

For payment reference, please state your child's name.

Come join us to make new friends, try new things, build fitness and self-confidence in a super fun, supportive environment. Celebrated with cheers and high-fives, each new achievement leads to newfound confidence, determination and a desire to continue improving.

We look forward to having your child this Spring term.

Warm regards,  
The Aphobos CrossFit Team



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**Aphobos CrossFit Kids is designed to focus on developing overall athleticism and proper movement mechanics. Our athletes are encouraged to stay active in a fun, light-hearted environment.**

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