



## DEAR PARENTS / CARERS:

I hope this message finds you well. We're getting in touch to inform you that the After-school CrossFit Kids program will run during the new school year (2019-2020) and there are spaces available for any new interested joiners.

Classes will run Mondays, starting 09-September 2019.

The Aphobos After-school CrossFit Kids curriculum is effective because it creates a physical learning environment that builds on the idea that all children have differing abilities and need to be challenged at their individual point of development in order for effective learning to take place.

Every skill, every movement, every workout and every game can be scaled to a child's ability (made easier or harder) so he or she is challenged by something difficult but not discouraged by something impossible.

This not only allows for efficient and effective teaching and learning but also increases students' desire to participate and challenge themselves.

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.

The course not only focuses on movement development but also teaches kids about the importance of good nutrition for their health, their training and their activities (school, family activities, friend activities.) The goal is to get them to think and make good choices about what they eat. To teach basic concepts like sugar is bad, protein is good and you need to eat some in every meal.



The 13-week course will start on 9-September 2019. The price per session is £7, one term (13-weeks) is priced at £91 which is to be paid via bank transfer, in one installment. (payable by 01-September 2019)

Sort code: 09 01 29

Account Number: 18508860

For payment reference, please use CrossFit Kids Club

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 next school year.

Warm regards,  
Gemma Bailey - Head Coach

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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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**\*\*DISCLAIMER:**

if joining fee is not settled by 1-September, child will not be able to attend the first session on 9-September. Please note, finish time is 4.45 pm and any lateness will result in your child needing to go into after school club when Aphobos Kids finishes.