Get Kinected Club

Mondays 15:05 – 16:30

Monday 27th Feb – 3rd April
6 Sessions - £30

Get Kinected Circuits

Get Kinected is a fun interactive Circuits workshop that allows children to develop core PE skills such as their balance, coordination and cardio vascular output using modern fitness equipment. Stations range from bikes, steppers and rowing machines. Volleyball courts, mini trampolines, an Xbox Kinect and much more!

Children team up with a friend and rotate around the different stations whilst listening to modern music. Stations last 3-5 minutes which enables children to enjoy each activity with their friend. Sessions are finished off with non-contact multisport activities and mini competitions.

Multisport Activities / Competitions

Dodge Ball, Tag Rugby, Handball, Bench Ball, Football Rounder's

Certificates & Medals awarded each session!

Book ONLINE –
www.peakperformancesports.co.uk
Or Phone/Text Jared on 07756950256