



CrossFit Kids In-School Program

Improving fitness for a better tomorrow...

CrossFit Kids deliver high quality In-School fitness and physical education programs for infants and primary aged children.

Our programs are designed to be safe, inclusive and maximise participation for students of all abilities.

We provide fully screened, qualified and experienced staff who encourage, teach and motivate children inspiring a life long enjoyment of physical activity.

Our program offers

Set up and supply of equipment

Design of a skill based program tailored to suit the needs of your school

Flexible timetable options

1:15 coach to student ratio (minimum 2 coaches per program)

Optional Physical fitness assessment for years 3 - 6

Our Fees

\$3.00 per student per lesson (30 - 40 minutes)

Reduced rate for families with 3 or more children 3rd and subsequent children pay \$2.50 per lesson.

Off peak rates for programs booked in terms 1 and 4 - \$2.50 (*reduced family rates not available with this offer*).

To book a program and/or take advantage of our FREE trial offer, complete the expression of interest form following and post or email / scan it to us. A CrossFit Kids Wollongong instructor will be in contact with you promptly.

Ph: 4229 6462 Mob: 0402 128 949
Address: 40 Swan Street, Wollongong NSW 2500
Email: info@crossfitkidswollongong.com

ABN: 34 916 846 527

www.crossfitkidswollongong.com



FREE TRIAL...

CrossFit Kids In-School Program

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The Program is designed to suit infants through to primary aged students. The aim of the program is to improve functional fitness by encouraging enjoyment in physical activity.

Our lessons include a warm up, conditioning section and cool down. We utilize games, circuits and relays to maximise participation.

Trial the program meet our staff and decide if the program suits your schools needs.

Expression of Interest Form

School	Phone
Contact	Position
Email:	

Additional Information

Aprox number of students:	Number of classes:
Preferred term & day/s	Date:
Comments: <hr/> <hr/> <hr/>	

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