



FREQUENTLY ASKED QUESTIONS.

1. Who are Fit For Sport?

Fit For Sport have been engaging and educating children through activity for over 20 years and our staff always endeavor to be **trustworthy, professional, enthusiastic** and **fun**. We know that as **role models** to your children it is paramount that we promote a **healthy lifestyle**.

2. So what does the typical day at Fit For Sport Kew Riverside look like?

The services that Fit For Sport provide at Kew Riverside provide are **Breakfast club (7:30am to 9am)** and **Extended Schools (3:15 to 6:15)**.

Breakfast Club (sample) Time Table

- **7:30am to 8:15am**

Children are signed in by parents.

Children are encouraged to **Vote** for the **Group activity**.

Children have time to **eat** from a selection of breakfast **cereals**.

Children are able to take part in **numerous activities** which **change daily**, E.g. **Multi-link Minecraft, Artistic focus, Dance, Poke'mon Trading card battles, cookery club**.

- **8:15am – 9am**

Group time, this is when we play the main activity as previously voted for by the children.

E.g.

Hockey, Football, Gymnastics, Tag and circle games.

...(and many, many others).

For more information please call 0845 456 3233 or go online at www.fitforsport.co.uk

The UK's Leading Healthy Lifestyle Activities Provider - Conduit House, 309-317 Chiswick High Road, W4 4HH. Tel: 0845 456 3233 Fax: 020 7371 7064 www.fitforsport.co.uk
Fit For Sport Limited is a company registered in England with company number 3648410

Extended Schools (sample) Time table.

- **3:00 – 4:30pm**

Children are signed in.

Children are encouraged to **vote** for the **group activity**.

Children are able to take part in a wide range of activities depending on the day.

E.g.

Skateboarding, Movie making, Tennis tournaments, Amateur dramatics, Football matches and Nintendo Wii (active games).

- **4:00 – 5:15pm**

Snack Time

- **5:15 – 6:15pm**

Group Time

This is when the games / activities that has been **voted** for are played.

E.g.

Hockey, Football, Gymnastics, Tag and circle games. ... (and many, many others).

For more information please feel free to pop by and say hello to Our team;

Leo – Site manager.

Sean – Activity leader (Multi sports).

Saffi – Art, Dance and Movie Director.

Andrew – Activity Leader (football specialist).

For more information please call 0845 456 3233 or go online at www.fitforsport.co.uk

The UK's Leading Healthy Lifestyle Activities Provider - Conduit House, 309-317 Chiswick High Road, W4 4HH. Tel: 0845 456 3233 Fax: 020 7371 7064 www.fitforsport.co.uk
Fit For Sport Limited is a company registered in England with company number 3648410