

Active Schools Newsletter:



Fit For Sport News:

Leo and the Fit For Sport team would like to welcome you back to Kew Riverside!

This half term we have plenty of fun activities to keep your children active before and after school. Join the Fit For Sport team for tag rugby, football, gymnastics, dance, games and more every day at our Ofsted registered Extended School Club!

It's time for active fun!

Did you know? Primary school aged children should spend 60 minutes being active every day to stay fit and healthy. Finding a whole hour in a busy day can make this sound like a daunting task, but you don't have to do it all in one go! 15 minutes scooting to school and half an hour riding the bike or a family walk in the park can all contribute to your power hour! At Fit For Sport we include lots of energetic activities in everything we do, to make sure every child gets enough physical activity and, most importantly, has lots of fun!



Book your place at Kew Riverside Fit For Sport Extended School Club now!

Breakfast club:

7:30-9:00 £4.25 per session

After school club:

15:15-18:15 £11.50 per session

15:15-16:30 £6.50 per session (excluding lite bite)

16:30- 18:15 £8.50 per session

Book online at www.fitforsport.co.uk or call our booking team on 0845 456 3233!

Book your place on a Fit For Sport Activity Camp and get 10% off with our early bird discount!

Give your children a chance to hop, skip and jump at a Fit For Sport Activity Camp this Easter! Our experienced and fully qualified team will be delivering a wide range of activities from sports and games to arts and crafts making sure your children have fun, make friends and keep moving during the holidays.

Book online at www.fitforsport.co.uk or call 0845 456 3233 and quote **EASTER16** before 14th March 2016!

