



Dear Parents,

"Believe You Can" Active Kids will be starting at Leckhampton C of E Primary School on the 11th September for years 3 & 4.

At our club, we're committed in supporting children to lead healthy and active lifestyles. We use games and physical exercise to develop passion, self belief, respect, honesty, determination and teamwork in a safe and fun environment.

Your child can join Claire, a qualified paediatric nurse, life coach, personal trainer and nutrition coach and mum of three.

What can you expect:

- A variety of multi sports
- Team relay obstacle races
- Parachute
- Yoga & Mindfulness

Pupils will need to wear their PE kits and will return them to their pegs at the end of each session.

The cost will be £58.50 for 13 weeks, bookable and payable via:

<https://gymcatch.com/app/provider/6424/events/4056965>

Bookings and payment are required by Friday 8th September. There will be no club during October half-term.

Believe Active Kids Club will run on the following dates:

11th September  
18th September  
25th September  
2nd October  
9th October  
16th October (Yoga)  
6th November  
13th November  
20th November  
27th November  
4th December  
11th December  
18th December

If you would like further information, or need to discuss individual requirements prior to the first session please contact Claire on [claireythomas@yahoo.co.uk](mailto:claireythomas@yahoo.co.uk)

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"Believe You Can"  
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