

KIDS@UP!ATHLETIC

GIRLS IN SPORT

"Girls in Sport" is a multi-sport program that builds confidence, sporting skills, teamwork and friendship through fun activities, drills and games for girls in Prep to Grade 4 at Elwood Primary School.

Where: Elwood Primary School Sports turf

When: Each Wednesday within school term. 3:30PM - 4:45PM

Cost for Term: \$195



HOW TO BE A ZEN NINJA

Where Karate meets Meditation - Your little person can learn to move with control and strength, consideration and sharpen their own body weight skills. They will get their crazy out, while learning how to centre themselves, pull their punches, push their limits and get a bit zen in the process.

Where: Upstairs @ St Kilda Life Saving Club

When: Each Tuesday within school term. 4:00PM - 5:00PM

Cost for Term: \$195



FIT KIDS

Cardio, strength, own body weight, HIIT, obstacle course, sweaty, huffy, puffy fun in an encouraging, safe and supportive environment. Team work elements and physical homework assigned. Super-charged fitness fun.

Where: Elwood Primary School Sports Turf

When: Each Monday within school term. 3:30PM til 4:45PM

Cost for Term: \$195



Bookings & enquiries to kids@upathletic.com.au