

FREE TERM 1 PROGRAMS FOR KIDS

BOXING FOR KIDS | 7–12 yrs

Non-contact boxing class focusing on fundamental boxing skills and improving physical condition

TUE 4:30 - 5:00 PM

CHILDREN'S BOOTCAMP | 7–12 yrs

Physical activities class to stay active and healthy, better stamina and condition through exercise

THU 4:00 - 4:30 PM

HIP HOP DANCE | 8–12 yrs

Learn more about music, rhythm, coordination and explore movement in its various forms

WED 4:00 - 5:00 PM

MOTOR MOVERS | 6–10 yrs

General movement class to work on motor skills, coordination and balance

THU 4:00 - 4:45 PM

Location: PCYC Armidale (176 Rusden Street).

Numbers are limited. Please contact Brigitta to book your spot

bvelbri@pcycnsw.org.au or 0482 165 746

These free programs are run by PCYC Armidale in partnership with UNE's Get Active United program.

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