

## Incursions for School Aged Children come to us!



our Bayside Centre

### our Program

**Fitness For Fun** aims to provide recreational and beneficial gymnastic and performance based programs for children of all ages. Our unique gymnastic and performance based programs supports our beliefs and encourages children to explore, develop and achieve! Our centres are permanently set up gymnastic gymnasiums, providing children with the highest of quality and safe equipment.

**Fitness For Fun** is designed for students to explore, develop, achieve, learn and have fun, developing confidence and becoming happy little beings.

We would love to offer you the opportunity to come to our fully equipped centres to provide an hour and a half session for your children. In this session, we will provide the following:

- Warm up
- Hand apparatuses for coordination (mini hoops, bean bags and rhythm sticks etc.)
- Small gymnastics circuit
- Beams, bars and trampolines

All students will receive a medal that will be presented to them at the end of their session. Along with this medal, we will provide information in the form of a flyer that they can bring home to their parents.

### our Staff

Our coaching staff have extensive gymnastic, dance, circus and early childhood experience, spanning over 17 years.



## Numbers

We can cater for up to 30 children in an hour and a half time slot. We are more than happy to take more than one class over the course of the day. Please ensure you inform Mim of class numbers when booking your incursion.



our Coaches



Children receiving their medals

## Contact

For bookings, time options and prices contact our marketing manager

**Name:** Mim Waterman

**Email:** [marketing@fitnessforfun.com.au](mailto:marketing@fitnessforfun.com.au)

**Number:** 9529 4445



our Prahran Centre

Email: [marketing@fitnessforfun.com.au](mailto:marketing@fitnessforfun.com.au)

Mail: 74 Punt Rd, Windsor

Phone: 9937 1341

Web: [www.fitnessforfun.com.au](http://www.fitnessforfun.com.au)