

Strength and Conditioning Programme

We are excited to offer the first Beginner Athleticism Programme of 2023, starting on Tuesday 14th Feb.

This programme is offered to all students within Otumoetai Intermediate and will cover the following:

- *Strength*
- *Fitness*
- *Agility*
- *Speed*
- *Balance & stability*
- *Coordination*
- *Confidence.*

We wanted to offer a programme where kids feel safe and comfortable where they can explore their own talents and limits within the exercise space. To some, this all comes naturally. But to others exercise can be scary and intimidating and this is only one of the challenges we aim to overcome. This is an all inclusive programme where kids of all levels can excel.

All exercises are scalable and can be customized to the individual if required.

We will be running sessions on Tuesday and Thursday morning at 7.15am - 8.15am under the covered, turfed netball court.

Students have the option to do 1 session per week or to do both.

Cost for 1 session per week is \$8 (\$64 for the 8 week block)

Cost for 2 sessions per week is \$12 (\$96 for the 8 week block)

To register please click on the following link

https://docs.google.com/forms/d/e/1FAIpQLSe1dfxIDvLleyRBJStEnLRfyshPCqFZwfwcAemIdbm_8cGWKA/viewform?usp=sf_link

If you have any questions or queries please do not hesitate to contact Dale on 0272428759 or email info@famz.co.nz.

We look forward to seeing plenty of new faces this year and athletes from last year also.

Kind Regards

Dale Wilson

Health & Fitness Coach

FAMZ FITNESS