

EAT THEN EXERCISE OPEN EVERY SCHOOL DAY

TIMINGS - 7:45am - 8:45am

COACHES - JOSH + IMOGEN

COST - £3 PER CHILD PER SESSION/ £15 TOTAL PER WEEK

THIS CLUB WILL INCLUDE:

OUR BREAKFAST CLUB WILL INCLUDE A SELECTION OF HEALTHY BREAKFAST CEREALS, FOLLOWED BY A RANGE OF SPORTS ACTIVITIES, WE DO ALSO OFFER ARTS AND CRAFTS ACTIVITIES FOR THOSE CHILDREN WHO DO NOT WISH TO TAKE PART IN OUR PHYSICAL ACTIVITIES.

THE BEST WAY TO START A DAY:

OUR BREAKFAST CLUB PROVISION IS PROVEN TO POSITIVELY ENGAGE CHILDREN BOTH MENTALLY AND PHYSICALLY IN PREPARATION FOR THEIR SCHOOL DAY. SCHOOL TEACHERS HAVE NOTICED IMPROVED BEHAVIOUR, ENHANCED CONCENTRATION AND HIGHER LEVELS OF CLASS ENGAGEMENT FROM THOSE WHO HAVE ATTENDED OUR BREAKFAST CLUB PRIOR TO THE SCHOOL DAY.

GIVE IT A TRY

SO WHY NOT GIVE OUR BREAKFAST CLUB A TRY IN TERM 6? WE ACCEPT ONE-OFF BOOKINGS ANYTIME AND EVERYONE IS WELCOME!

IF YOU WOULD LIKE TO BOOK ON TO OUR HIGHLY RATED BREAKFAST CLUB, PLEASE GET IN TOUCH WITH US AS SOON AS POSSIBLE.

EMAIL - INFO.FIRSTSPORTS@GMAIL.COM

MOBILE - 07940141060

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