



School Holiday Program for Children and Teenagers:

Physical activity is an important part of good health. Being active everyday can help children to maintain a healthy weight, help protect against disease in later life, improve concentration & boost their self-esteem & confidence.

ERGfit's School Holiday Program is designed to enhance children's development through a fun, energizing & active environment. The Program contains loads of fun games & activities, a wide variety of skills/drills, healthy eating tips, food & nutrition activities and a food and exercise Quiz. Interactive team sports and initiative games will educate and challenge their social and cognitive development. No two days are the same! Certificates for achievements will be handed out at the completion of the program.

When:

Wednesday 15 th April	1pm to 4pm	9 to 13 yrs
Thursday 16 th April	9am to 12pm	5 to 8 yrs

Cost:

\$20.00 per child per session
\$15.00 per additional child

What to Bring/wear:

Children are required to bring a water bottle & snacks for morning / afternoon tea. Comfortable clothing and runners are necessary.

Enrolment Terms and Conditions:

- Complete the enrolment form and return it to ERGfit along with payment
- Your booking is not confirmed until payment is received
- Children cannot attend without parental consent
- There are NO refunds once the holiday program commences or without a medical certificate
- Bookings are essential as we limit each session to 12 children
- Subject to demand, some days may/may not operate. Parents will be notified prior to the day if cancellations occur.