



## Health and Fitness – Junior Fitness

Junior fitness aims to reduce exercise boredom as every class is different. The focus of each session will be on developing skills and fitness through the use of games and specific fitness activities in a non-competitive environment. It is a flexible training program that conditions the entire body, not just the specific muscle groups associated with a particular sport. For this reason, students who take part in these sessions are likely to develop a higher level of overall fitness and conditioning.

Program Co-ordinator	Monique Zahra <a href="mailto:mzahra@pymblelc.nsw.edu.au">mzahra@pymblelc.nsw.edu.au</a>
Instructor	Ms Julia O'Neill
Term/s	Term 2 This program will be available every term
Years	Year 3 to 6
Days/Times	Monday 3.15pm to 4.00pm
Cost	\$85.00
Maximum	20 students per class
Program Dates (Start/End)	Term 2: Monday 1 May to Monday 19 June
Venue	Students must meet near the Yellow soft play area, they will be walked to various locations around the College (PE Centre/Ovals/Strength & Conditioning Room)
Uniform	Saturday sport T-shirt or House T-shirt Stretchy black/navy tights/shorts Suitable shoes