



# Free Multi-Skills and Boxing sessions



Do you want your child to develop their confidence, fitness and core strength whilst having fun?

Would your child like to try no contact boxing in a non judgemental, friendly and child centred environment?

## Our sessions are carefully planned to:

- Develop the FUNdamental movement skills of girls and boys
- Improve the physical literacy of children
- Increase fitness, core strength and conditioning
- Teach basic self defense techniques

Delivered by qualified boxing coaches and experienced youth workers.



**Monday 9th, 16th,  
23rd & 30th January  
4:30-5:30pm**

**6-10 years old.  
\*Limited spaces**

**For more information or to book  
your child's place**

 **info@roarpotential.co.uk**

 **07528179038**

**The Cellar, 32/34 Park Green, Macclesfield, SK11 7NA**