

Join Fit For Sport this
February Half Term at
your local...

Activity Camp



Example Day

AM	<ul style="list-style-type: none"> ★ Activity Challenge ★ Themed Activities ★ Swim Time 	<ul style="list-style-type: none"> ★ Team Games ★ Arts & Crafts ★ Multi Sports
PM	<ul style="list-style-type: none"> ★ Children's Choice ★ Active Shake Up ★ Healthy Zone 	<ul style="list-style-type: none"> ★ Parachute Games ★ Outdoor Adventures ★ Fun Factory

★ depending on venue

CAMP COMPETITION!

According to medical guidelines
how many minutes of physical
activity are recommended per day?

- A 30 minutes
- B 60 minutes
- C 90 minutes

Email your answers to competitions@fitforsport.co.uk
by Friday 9th February 2018 for your chance to
WIN A FREE WEEK AT YOUR LOCAL CAMP!

Ages, prices and activities vary depending on venue. Visit www.fitforsport.co.uk for more info.

"Excellent service. My daughters first time
at a holiday club, the staff were very friendly
and welcoming and she loved her time there"

@fitforsportuk 
FitForSport.ffs 
#EveryChildActive

This February Half Term, nationwide Fit For Sport Activity Camps
will be putting smiles on the faces of thousands of children!

Our vision is for every child to...

- Love being active and feeling healthy
- Move with confidence and feel successful
- Feel self-empowered and respectful of others



BOOK NOW

www.fitforsport.co.uk
0845 456 3233

Limited availability, book early to avoid disappointment!

(Calls to 0845 number cost 3p per minute plus the
customer's phone company access charge)

Fitter Families

Commit your family to an active 2018!



Getting fit is all about making Simple changes to your everyday life. Sign up to our monthly Fitter Families Newsletter at www.fitforsport.co.uk for lots of Simple, Achievable and Sustainable tips to help you and your family get started on your journey to an active 2018.



As the winter months begin to hone in on us there isn't always the opportunity to get outdoors for some active fun, however that doesn't mean that you can't be active. Give these three simple activities a go the next time our family are forced to stay in indoors.



Beanbag Glue

Move around the house whilst balancing a beanbag on various parts of your body. Younger children can try to crawl while balancing the beanbag on their back. See how long each family member can go for without dropping it.

Bowlerama

Place a target, such as plastic cups, at the end of the hallway. Standing at the opposite end of the hall, roll a small ball and try and hit the target. Winner gets to choose the next game.

Indoor Balloon Volleyball

Use a table as the net and mark out a diameter that the balloon cannot go beyond. You can break into teams and see who can keep the longest rally going.



Fit For Sport's charity partner, The Yellowball Foundation work to provide disadvantaged children access to sustainable activity programmes. For ways you can support please visit www.yellowballfoundation.co.uk.



Book two weeks in advance of any activity to receive our Early Pricing!

Pricing Structure, a reminder on how it works:

- EARLY pricing applies if you book two weeks or more in advance of the start date of the activity
- BASIC pricing applies if you book between two weeks and 48 hours in advance of the start date of the activity
- LATE pricing applies if you book less than 48 hours before the start date of the activity

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