

Dear Parents/Guardians,

I am excited to share that I will be offering a fun and dynamic boxing class specifically designed for children aged 8-11 at Redbridge Primary School. This after-school program is a fantastic way for kids to stay active, develop new skills, and build confidence in a safe and supportive environment.

Boxing is not only about physical fitness; it also teaches discipline, self-control, and focus, all of which are invaluable both in and out of the classroom. The classes are led by a certified and experienced instructor who is committed to ensuring that every child has a positive and rewarding experience.

Why Enrol in Our Boxing Program?

1. **Physical Activity:** Boxing helps improve strength, coordination, and overall fitness in a fun and engaging way.
2. **Discipline and Focus:** Our program teaches children the importance of practice, persistence, and following instructions, which can also help in their schoolwork.
3. **Confidence:** Boxing is an excellent way for kids to build self-esteem by learning new skills and achieving personal goals.
4. **Positive Social Interaction:** Through our classes, children will work with peers, learning respect, teamwork, and sportsmanship.

Program Details:

- **Age Group:** Children aged 8-11.
- **Schedule:** Thursday 3:30-4:30.
- **Location:** Redbridge Primary School, Art Space
- **Instructor:** Shyam Morar
- **Price:** £5 per session, pay per term

Level One England Boxing Coach, 3 + years of boxing coaching experience, Level 2 Leading Physical Activity For Adolescents, Level 2 Gym Instructing.

Whether your child is new to boxing or looking to build on their skills, my program is tailored to meet them where they are. I prioritise safety and fun, ensuring that all participants feel included and motivated.

Children will need to bring their own boxing gloves, which you can find a variety of good quality but low costing ones on Amazon. I would also recommend them to bring a water bottle and a towel.

If you're interested in enrolling your child or would like more information, please feel free to contact me directly. Spaces are limited, so please sign up soon!

Thank you for considering this exciting opportunity. I look forward to helping your child grow both physically and mentally through the art of boxing!

Best regards,

Shyam Morar

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