

Salisbury Primary School

Salisbury Street

Darlaston,

Walsall

WS10 8BQ

Headteacher: Mrs D. Steen

Deputy Head: Mr S. Forsyth

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Monday 10th February 2020

RE - FREE BODY COMBAT SESSION

Dear Parents/Carers/Pupils,

The staff at Salisbury have been working with Mark Caddy on well-being and fitness on a Friday evening after school. We have been taking part and getting fit with weekly body combat lessons.

WHAT IS BODYCOMBAT?

'Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 740 calories along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. A LES MILLS™ instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.'

Mark Caddy is a qualified Les Mills instructor and he's kindly offered to take parent and children classes for us on Monday nights from 3:45 - 4:45 for £3 each person.

We would like to put on a complimentary session for you on Monday 24th February 2020 at 3:45 pm - you can come into school at 3:30 pm and wait in the hall for Mark. After this free session and should you wish to take up the offer of a place, they will be £3 each session per person. This is much cheaper than classes in the area who charge, on average, £6 per session.

Please fill in the form below stating who will be attending this free session. Parents/families and children are welcome but you must remember that children will be under your care and must be accompanied by an adult.

I hope you join us in our bid to get fit for 2020.

Kindest regards,

Deborah Steen
Headteacher

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I wish to book _____ places on the free session of body combat on Monday 24/02/2020.

Child's/Children's name/s _____

Class/es _____

Signed _____ Date _____

