



kids fitness

outside school

overview

Before school, after school or during the school holidays - we can bring fitness to you!

Busy Beats outside school fitness programs combine movement, physical activity and personal health to motivate, engage and energise students.

With every class delivered by a fully qualified, registered and experienced Queensland teacher, your students will be running, jumping and stretching their way to a healthier lifestyle.

benefits

- Develop fundamental, complex & precise movement skills
- Improve concentration & self confidence
- Increase coordination, strength & flexibility
- Practise social skills through team work

inclusions

- Qualified, registered & experienced teacher
- Challenging exercises
- Engaging games
- Vibrant, age appropriate music
- Fully mobile service – all equipment provided

styles

- Aerobics
- Skipping
- Yoga
- Cardio training
- Strength & conditioning

class structure

Each Busy Beats fitness class follows a similar structure, which is used by fitness professionals worldwide to encourage student engagement and development. Classes are designed specifically for students' age and skill level.

- Warm Up
 - Dynamic stretches & movements to prepare physically & mentally for class
- Practical Component
 - Movement skills development
 - Related activities & games
- Theory Component
 - Discussions relevant to health & fitness
- Cool down
 - Low intensity stretches & breathing to begin recovery process

Busy Beats is a fully mobile experience – we bring everything to you. All we require is an open space, either indoors or outdoors, that is large enough for your students to move freely.



unique design

Primary Schools, Secondary Schools, OSHC Facilities or Vacation Care Providers - we work collaboratively with your community to create a program that is perfect for your needs. Your program may include:

Weekly classes

Practise equals progress and weekly fitness classes offer students the chance to consistently develop their motor skills. We arrange class days, times and durations to fit perfectly into the “busyness” of school life.

Specialised workshops

From healthy eating habits, health conditions and preventions, to skill development in a specific fitness style – we can design a specialised workshop for any age group and skill level. We give students the opportunity to delve deeply into the world of fitness with non stop fun!

Multi-age classes

Students learn well in mixed company – and fitness is the perfect medium to help students interact socially with different age groups. To ensure maximum skill development we offer multi-age classes for Prep–2, Year 3–6, Year 7–9 and Year 10–12.

pricing

Prices are dependent on a number of factors including class type, duration, frequency and number of students.

Prices start from \$3.00 per student, per class, for a class of approximately 30 students. Prices are GST inclusive.

Other class sizes catered for. Please enquire for pricing.