

## Active Enfield SCHOOLS Online Fitness Sessions – Easter holiday – More sessions to come in term time!

Date	Age	Day	Class	Tim	Duration	Instructor	Delivery Platform	YouTube Link	Class Description
<b>Easter Holiday Week 1</b>									
06- Apr	Rec	Tues	<b>Street Dance</b>	10am	30mins	Icy	YouTube	<a href="https://youtu.be/4WjRpdIj70s">https://youtu.be/4WjRpdIj70s</a>	High energy street dance class for all levels. Learn some new moves and build on your skills.
06- Apr	Ks1	Tues	<b>Street Dance</b>	10.45am	30mins	Icy	YouTube	<a href="https://youtu.be/Qo1r8Aen_vU">https://youtu.be/Qo1r8Aen_vU</a>	
06- Apr	Ks2	Tues	<b>Street Dance</b>	11.30am	30mins	Icy	YouTube	<a href="https://youtu.be/pknv5WNodEc">https://youtu.be/pknv5WNodEc</a>	
08-Apr	Rec	Thurs	<b>Yoga</b>	9.30am	30mins	Dai	YouTube	<a href="https://youtu.be/vaRl7QewjME">https://youtu.be/vaRl7QewjME</a>	Let's be Happi-Yogi's! We will spend the whole session having topsie-turvie-spinsie-roundsi-laugh-till-you-can't-breath-FUN!!! Using our imagination and our AMAZING bodies we will zoom, boing and blast off into story adventures that will help us to feel BIG feelings of confidence and full to the top with calm and peace. You will need bare feet, comfy clothes, a lot of space to move around and preferably a quiet room.
08-Apr	Ks1	Thurs	<b>Yoga</b>	10.15am	30mins	Dai	YouTube	<a href="https://youtu.be/xGbNKLyDXK4">https://youtu.be/xGbNKLyDXK4</a>	
08-Apr	Ks2	Thurs	<b>Yoga</b>	11am	30mins	Dai	YouTube	<a href="https://youtu.be/qZsLZ0m48s4">https://youtu.be/qZsLZ0m48s4</a>	This is a fun yoga class adapted so that children understand 2 of the main principals of yoga- asana and pranayama-poses and breath. We will be moving our bodies in fun and amazing ways and also learning how to keep ourselves calm by simply breathing in a yoga way! These classes will help us to feel BIG feelings of confidence and full to the top with calm and peace. You will need bare feet, comfy clothes, a lot of space to move around and preferably a quiet room.

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Date	Age	Day	Class	Time	Duration	Instructor	Delivery Platform	YouTube Link	Class Description
<b>Easter Holiday Week 2</b>									
12- Apr	Rec	Mon	<b>Boxing</b>	9.30am	30 mins	Fash	YouTube	<a href="https://youtu.be/9ae38UpY8a0">https://youtu.be/9ae38UpY8a0</a>	Punch combos and footwork make for a fun engaging session gets the body and brain working.
12- Apr	Ks1	Mon	<b>Boxing</b>	10.15am	30 mins	Fash	YouTube	<a href="https://youtu.be/XRiJCFV1lvM">https://youtu.be/XRiJCFV1lvM</a>	
12- Apr	Ks2	Mon	<b>Boxing</b>	11am	30 mins	Fash	YouTube	<a href="https://youtu.be/9B121Trg_Ts">https://youtu.be/9B121Trg_Ts</a>	
13-Apr	Rec	Tues	<b>Gymnastics</b>	9.30am	30 mins	Rochelle	YouTube	<a href="https://youtu.be/uj1YB9bSm7k">https://youtu.be/uj1YB9bSm7k</a>	Our online gymnastics sessions are designed to teach your child fundamental gymnastics skills in a safe and fun way. By working through our carefully selected key skills your child will also be improving their strength, balance and flexibility. The sessions are suitable for all abilities, so no previous experience is needed. All you need for the sessions is enough space to move around in safely
13-Apr	Ks1	Tues	<b>Gymnastics</b>	10.15am	30 mins	Rochelle	YouTube	<a href="https://youtu.be/eyhysmZGyQk">https://youtu.be/eyhysmZGyQk</a>	
13-Apr	Ks2	Tues	<b>Gymnastics</b>	11am	30 mins	Rochelle	YouTube	<a href="https://youtu.be/VlZdkT9-VLc">https://youtu.be/VlZdkT9-VLc</a>	

Please ensure you are fit and well to take part in this class. If you have any pre-existing conditions or illnesses, please consult your doctor to ensure it is fine for you to take part. By taking part you do so at your own risk.

Enfield Council and the Active Enfield Team will not be responsible or liable for any injury or harm which may occur as a result of taking part in this class. If at any point during the class you feel unwell, please stop and seek medical advice.