

**WEST KIRBY
PRIMARY SCHOOL**



FITNESS

The word 'FITNESS' is written in large, bold, blue capital letters. The letter 'I' is replaced by a stylized blue silhouette of a person swimming, with one arm extended forward and the other bent, and legs kicking. Below the large letters, the word 'FITNESS' is repeated in a smaller, bold, grey font.

Start Health and Well-Being week in the best possible way:
Fun fitness activities with Mr Procter and Mr O'Rourke.

We are inviting all pupils to get their bodies moving and their hearts pumping with a workout, which involves a range of enjoyable exercises. Parents are encouraged to attend too!

Monday 20th 3:30 – 4:30 in the garden playground.
Tuesday 21st 08:00 – 08:50 in the garden playground.

These events are free – just pop along!
All you need is a pair of trainers.