



AMPHITHEATRE
Arena & Ludo

FIT KIDS

Junior

Junior Fit Kids is designed for 4 -6 year olds to play in a fun environment designed to develop their movements, body awareness, balance, agility, communication and social skills.

The stepping stones of healthy life.

Age: 4 – 6 year olds

Times: Tuesdays 15.45-17.15

Venue: Amphitheatre Arena & Ludo

Price: £3.50 per child

PLUS FREE LUDO SESSION

(valid for 1 week)



AMPHITHEATRE
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FIT KIDS

FitKids is for 7 – 12 year olds. Having fun while targeting the development of movement skills as well as setting the foundations of a healthy introduction to sports, Gym & Kinesis.

Age: 7 – 12 year olds

When:

Saturday 10.00-12.00

Venue: Amphitheatre

Price: £3.50 per child

PLUS FREE SWIM VOUCHER



AMPHITHEATRE
CARRICKFERGUS ATHLETIC CLUB

FIT Teens

A place to hang out with your mates,
learn how to use the gym to develop a
stronger fitter body as well as trying a
few sports...

You're a teenager... you have the
choice of what you want to do!

New extra session STARTS Wednesday 29th SEPT £1

Age: 13 – 16 year olds

Saturday 10.00 – 12.00

Venue: Amphitheatre

Price: £3.50 each

PLUS FREE SWIM VOUCHER



AMPHITHEATRE
CARRICKFERGUS ATHLETIC CLUB

FIT KIDS

Juniors



FIT Teens

Providing fun Fitness, Health and Wellness for young
people aged 4 – 16 years old through participation in
various sports, fitness and activities designed for their
own age group.

If you require more information please speak to Jenny or
e-mail: jenny.ridley@carrickfergus.org

