

## **Kick4Life - Empowering and educating individuals through sport.**

**Come and join the fun at Knox Indoor Sports Centre with Kick4Life Soccer. We operate all year round, offering various programs and competitions.**

Kick4life offers fun, fitness & wellbeing based programs in a comfortable environment. Whether you are after a social kick around or a competition, we cater for you. Kick4Life is suitable for all ages and all skill levels.

Individuals and team bookings can be made via the Trybooking links provided and you can enter at anytime.

So, if you want to get fit, have fun and make new friends – come and join Kick4Life at Knox Indoor Sports.

### **Types of Programs:**

1. Youth Academy Program
2. Mum's & Tod's 3-5-year-old program
3. 5-a-side nightly competitions (mixed & gender specific)
4. Holiday programs (skill development & tournaments)
5. Afterschool programs
6. Birthday Parties
7. Leadership & resilience workshops

**For further information or any queries please contact:**

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