

*Keeping kids and families fit for everyday life*





## WHY KIDS-FIT AUSTRALIA?

"My child loves coming to the exercise group each week"

Hey there! I'm Leah,

My husband, Garrith and I have been actively teaching fitness since 2010 and are very passionate about helping our community beat obesity and anxiety issues that are plaguing our kids and families.

We partner with schools, childcare centres, and community groups to help kids of all ages improve their knowledge on how to create healthy fitness habits and what it means to feel calm and well. We also provide programs for special needs children, particularly children with autism.

Our programs are aimed at improving quality of life and have a strong focus on mindfulness, social skills, balance, strength, coordination and general fitness.

We also love to work with families and our Family Fit Online Program focuses on the whole family getting fit, having fun, connecting with each other and getting to know other families, and, using technology to do this! For more information on this program, please go to our website - [kidsfitaustralia.com](https://kidsfitaustralia.com).



# OUR PROGRAMS

## KIDS, TWEEN AND TEEN YOGA

Introducing Yoga to kids improves the strength and flexibility of their minds and bodies. We enhance kids' mental, emotional, and physical health through the use of movement, mindfulness, relaxation and the connection between the brain, body and the breath. This means healthier bodies and minds, and we simply provide tools to cope with the school environment

*\*Recommended for kids of all ages as a must!*

*\*\*Please note that we don't practice any religious beliefs through the teaching of yoga.*

## TWEEN & TEEN PILATES

Designed to teach kids how to develop a strong core by using controlled, low impact movements that help engage deeper muscles to build stamina, strength, flexibility, balance and coordination. Great for growing kids!

*Recommended for upper primary, middle school and high school aged kids.*

## TWEEN & TEEN STRENGTH\*

If you have a gym facility located at your school or have access to one nearby, we can design, coach and oversee strength (and conditioning) programs for your kids. These programs would be tailored specifically to the needs of the kids inline with the sport/s they are involved with. We also provide specific olympic weightlifting and powerlifting programs for high school students.

*\*Strength & Conditioning programs are very individual to schools and teams, so we like to sit down and have a chat about the needs first, before designing programs and quoting.*



# YOUR INVESTMENT

Early Childhood Primary Programs	Cost Per Session	Total Sessions	Total Cost
<b>Kids Yoga</b> 30 minute session 1 session per week 10 weeks	\$100	10	\$1,000

<b>Kids Yoga</b> 30 minute session 2 sessions per week 10 weeks	\$90	20	\$1,800
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*We can also create other programs tailored to your school's specific goals and timeframes for your kids.*

Middle - Upper Primary Programs	Cost Per Session	Total Sessions	Total Cost
<b>Kids Yoga / Tween Pilates</b> 45 minute session 1 session per week 10 weeks	\$120	10	\$1,200

<b>Kids Yoga / Tween Pilates</b> 45 minute session 2 sessions per week 10 weeks	\$110	20	\$2,200
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*We can also create other programs tailored to your school's specific goals and timeframes for your kids.*

Middle and High School Programs	Cost Per Session	Total Sessions	Total Cost
<b>Teen Yoga / Teen Pilates</b> 45 mins - 1 hour session 1 session per week 10 weeks	\$120	10	\$1,200

<b>Teen Yoga / Teen Pilates</b> 45 mins - 1 hour session 2 sessions per week 10 weeks	\$110	20	\$2,200
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*We can also create other programs tailored to your school's specific goals and timeframes for your kids.*

# OUR TEAM



## Leah Chandler

I specialise in Wellbeing and Mobility Programs, Strength and Conditioning and Functional Fitness for all ages. My absolute goal in life is to teach the tools to families and kids to keep fit for everyday life.

### Qualifications

Cert III and IV In Fitness  
Yoga 200hr Certification  
Rainbow Kids Yoga Certification  
Beginners and Advanced Pilates  
Functional Fitness Training  
Beginners, Advanced and Group Kettlebells  
AWF State Weightlifting & Sports Power Coach Level 2  
Powerlifting Australia Coach Level 1  
ASCA Strength and Conditioning Coach Level 1  
Mechanics of Lifting  
Social Cognition & Emotional Regulation - Truly  
Understanding Behaviour Certification  
Active After Schools Coaching  
Children's Trainer  
Working With Children Blue Card Queensland  
Working With Children Card Northern Territory  
Northern Territory Training Awards 2014 Finalist  
Northern Territory Rural Women's Award 2015 Finalist

## Garrith Chandler

I have been passionate about health and fitness since an early age and grew up playing a number of sports. This has instilled in me lifelong habits and a desire to help people, especially children and teens, develop themselves and derive as much pleasure, self-confidence and mostly fun from having a healthy active lifestyle as I have.

### Qualifications

Cert IV in Training and Assessment  
Cert III and IV In Fitness  
Beginners and Advanced Pilates  
Functional Fitness Training  
Beginners & Advanced Group Kettlebells  
AWF State Weightlifting & Sports Power Coach Level 2  
Powerlifting Australia Coach Level 1  
Mechanics of Lifting  
Advanced Lifeguard Training  
Active After Schools Coaching  
Children's Trainer  
Working With Children Blue Card Queensland  
Working With Children Card Northern Territory  
Currently studying a Diploma in Business

# TESTIMONIALS

"Leah and her support staff run each and every class with enthusiasm and pride. They are very open to feedback and suggestions from teaching staff and students. This program has been very beneficial to the students of Namarluk and the feedback for the term has been fantastic". - *Chelsea Day* **Total Recreation**

Some of our students have challenging behaviours which need a quick and flexible response which Leah and Garrith are able to cater for every time. They both are highly skilled and adaptable in their programming. We highly recommend Kid-Fit Australia and look forward to engaging with them now and in the future. - *Cherie Vance* **Autism NT**

We have choosen Leah and Garrith over many other instructors and companies! They have used their extensive knowledge, experience, training and passion to see every student catered for and learning with a good understanding of the curriculum requirements, which included students with special needs. Their adaptability saw them successfully take on a group of predominantly year 9 'footy boys' for yoga in one instance and a group of students completing their Certificate III in Fitness in the next. I couldn't recommend them enough! *Roxy Claire* **MacKillop Catholic College, NT**

"Leah and her team are passionate, knowledgeable and a real industry leader in their field!"  
- *Amy Brady Burns* **Camp Quality**

"Watching the development of Kids-Fit has been a truly inspiring journey. The support, strategies and caring put into each program, person and possibility is remarkable. I highly recommend their services."  
*Belinda Creer* **BeRecreational**

"Kids don't realise they are getting a workout and also their brain, body and soul are being nurtured throughout the class. It is not only about exercise but a sense of caring, and kids encourage each other though and most importantly have lots of fun." - *Erika* **mother of Aidan, aged 7yrs**

I enrolled my daughter into Kids-Fit classes because she was very shy and non confident with her abilities, and after just a few classes she was participating and happy to go to classes. All the trainers at Kids-Fit are patient and great to work with! - *Bianca* **mother of Alivia, aged 6yrs**



# CONTACT US

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# SOCIAL MEDIA

[www.facebook.com/kidsfitaust/](http://www.facebook.com/kidsfitaust/)



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