



BCIS
PHUKET

ICL QUEST



ATHLETICS

Our Athletics Academy offers children of varying ages four unique options to choose from as follows:

Athletics

Improves coordination, balance and agility. Helps develop athletic skills and fitness that are transferable to all sports. Teaches the power of mental resilience and perseverance.

Ride & Run

Learn cycling skills that promote balance, safety and confidence. Learn running skills that improve agility, coordination and speed. Master transitions from cycling to running.

Triathlon

Experience swimming, cycling and running in race form. Develop adaptability, perseverance and self-discipline. Ideal for kids with high energy levels and stamina.

Secondary Athletics

Features a healthy mix of body-weight, plyometric and cardiovascular exercises. Designed to strengthen muscles, increase mobility, improve coordination and flexibility.

WEEKLY SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3.45 - 4.35pm	Primary Ride & Run Age 7-10	Triathlon Age 7+ (60 min)	Primary Athletics Age 7-10	Primary Ride & Run Age 5-6	Secondary Athletics Age 11+ (60 min)

Led by Coach Sarah

* A helmet is required for any bicycle activity | * Students registering for Triathlon must know how to cycle and swim



PACKAGES & PRICING

3 sessions per week: THB 250/session
2 sessions per week: THB 300/session
1 session per week: THB 350/session



076 606 204



info@bcisphuket.com



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