

**I'M STARTING  
KIDSPRO!!**



**Presented by** **Courageous**  
**Kids** 

# Welcome!

This booklet has been created in collaboration with Courageous Kids to prepare your child for their first Kidspro session.



By reading it with your child, you are building their confidence, and instilling the KidsPro ethos even before they meet their trainer!

# KidsPro is a super special gym class.

I'll learn how to jump, climb, balance and kick - .  
and I'll learn how to be **brave** and **strong**!





My Kidspro trainer will come to me!  
Sometimes we will train indoors,  
other times we will train outdoors. It  
will depend on the weather and the  
skills I'm working on.





At our first session, my trainer will want to get to know me. They will have a chat with me and my grown ups about what I want to learn or get better at, and what I love most! Then we will get started!



I'll get to know my trainer too. My grown-up says they are super friendly and fun!



**Dom**



**Isabelle**



**Dela**



**Noah**



**Kiara**



**Kiera**



Every session I will be ready  
in my sports gear and have  
my waterbottle handy.



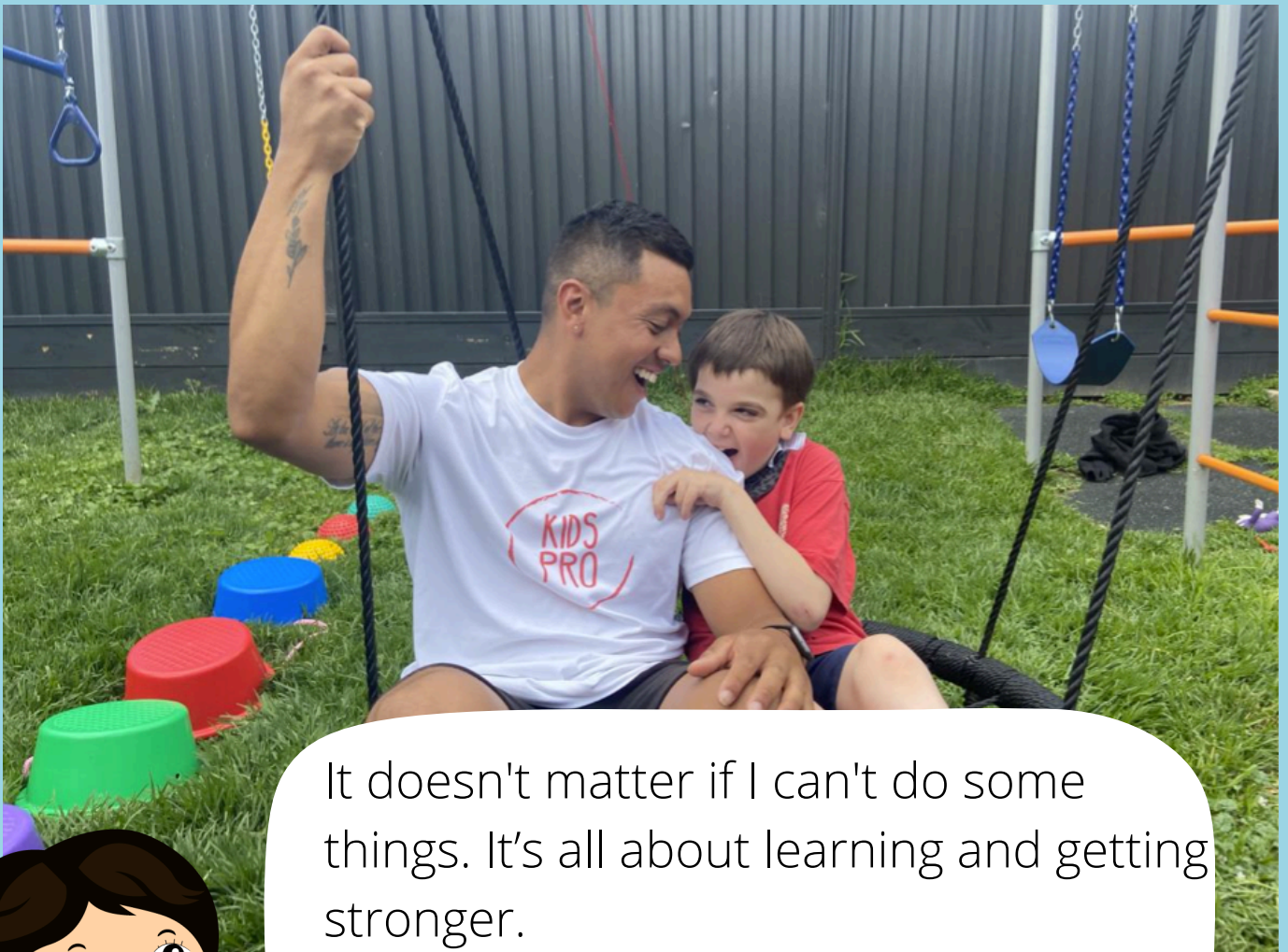


There will be 5 activities each session. My trainer knows I'm pretty good already, so they will try to make each one just hard enough to be fun!

My grown ups can stay and watch or I can surprise them with my new skills at the end!







It doesn't matter if I can't do some things. It's all about learning and getting stronger.

My trainer will be so happy if I just have a go. They are there to help me.





My family are so excited that I'm going to start Kidspro training. They think I'm going to have loads of fun in my sessions and they cant wait to see everything I learn!







My trainer can't wait to  
meet me!





# Courageous Kids

## Set for Success!

Courageous Kids helps prepare your child for new experiences with customisable, ready-made social stories, visual plans and games!



Scan to download  
and try FREE

[courageouskidsapp.com](https://courageouskidsapp.com)

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