



Dear Parent,

With the present circumstances, running Codex Kids or Speed4Sports group classes is not possible. When the restrictions are lifted we still hopefully start immediately. In the meantime I hope you all keep safe and well. To help during these times please find enclosed these FREE videos in regards to Codex Kids and Speed 4 Sports

Codex Kids

If you are doing our weekly Codex Kids classes, please find enclosed a link to the Codex Kids You Tube Channel where you can find videos of PE @ Home Classes which hopefully you find entertaining and challenges your child's physical literacy.

[Codex Kids You Tube Channel](#) – if this link does NOT work please remember that the video link is also on the home page of my website.

Speed 4 Sports

If you are doing our weekly Speed 4 Sports classes then please follow the enclosed link. This link is a training / exercise programme which your child can do at home during these restrictions. The session cover warm up, body workouts, speed and stamina session. You or your child MUST watch the videos closely as all the information is within the programme.

<http://www.aledhughes.ie/wp-content/uploads/2021/01/Athlete-Development-Programme-1.pdf> - – if this link does NOT work please remember that the video link is also on the home page of my website.

Private 1-2-1 Sessions

During these restrictions, I am working privately with children / athletes. As I am deemed an essential worker due to my therapy work within Codex360 . If you do wish to come and see me individually then please contact me by text / what's app 0876189053. I have limited availability and it will be first come, first served at the times I have available as I have already clients from Codex360 already booked in. All session are indoors, with 3 m distance between myself and child, no parent allowed in session, limited equipment used , hand sanitizers used on entry and exit.

Look after yourselves , be safe stay healthy and try and exercise every day as it is so important to keep moving and feel healthy.

Yours in Sport

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