



Stretch -n- Grow[®]



Franchise Information

The World's Leading Health and Fitness
Programme for Children

Welcome to our World



Stretch-n-Grow is a pre-school exercise programme for children from the age of 18 months. The programme follows a structured format, linked to 'Curriculum for Excellence' and is specifically designed with children in mind.

The children not only exercise but they learn all about the importance of exercise, their bodies, their muscles and other subjects such as hygiene and eating a healthy diet.

The feedback from the children, the schools and nurseries as well as the parents is consistently positive about the impact the programme has on families. We make exercise fun by delivering age appropriate themed lessons on a weekly basis.

Creating positive habits at an early stage is at the heart of what **Stretch-n-Grow** is all about.

**"A flexible
business
that works
around my
family"**

Tanya Davie
Stretch-n-Grow Director

About Us...

Stretch-n-Grow is the world's largest exercise programme for children.

At **Stretch-n-Grow** we believe in the best, we believe in quality and we are constantly improving what we do. Each new franchisee receives over three years of curriculum and lesson plans. Delivering the best to both our franchisee's, coaches and the children in our care.

Award winning training for franchisee's and coaches. In addition a selection of Continual Professional Development events throughout the year ensure that our franchisee's and coach's stay focused on delivering the best.



“To teach as many children as possible the basics of proper exercise, nutrition, and related health issues”

The Business

Your income is derived from the children's enrolment fees,
or by the Nursery/School.

A low investment business with extremely low overheads.

A business that can be managed full-time or part-time.

Tremendous growth potential and flexibility.

Your Qualifications

Do you love working with children?

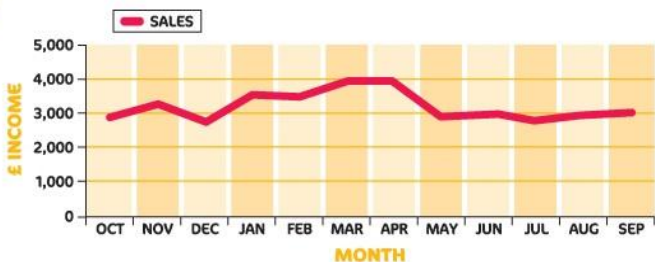
Are you interested in health and fitness?

**Do you believe in the importance of
children's health and fitness?**

**Are you enthusiastic, focused,
organised, and creative?**

**Are you motivated to develop and
manage your own business**

Sample of Monthly Revenue



The projections should not be taken as a guarantee but are for illustration purposes. Franchisee's success will depend on their own efforts, local market and general economic conditions



The Investment

Franchise Fee: **from £9,600***

Start Up Costs: (assumes vehicle & computer ownership).

License Fee **£150* per month** for first 6 months, **£200*** for the next 6 months. Full illustration will be provided.

A 10% deposit will secure your training date and territory. The balance of your initial franchise fee is due before you come to training.

What You Get

Financial assistance – **RBS/NatWest Group**



A proven business concept. Exclusive territory of the appropriate childcare centres.

The territory is tailored to your requirements. A current up to date data base resource.

Comprehensive, easy to follow A-Z Franchisee Operations Manual.

Extensive Technical Manual incorporating an exclusive health and fitness curriculum, weekly lesson plans and associated handouts with summaries for parents

A one week intensive training programme held in Cheshire, plus one free follow up workshop.

Initial & On-Going support from Head office.

Annual conference and regular workshops.

Yearly Newsletters keeping you and your clients updated and in touch with developments.

Branded apparel.

A comprehensive set of props (20 in a set)

Disclosure/CRB provided.

1 years free insurance (Giving public liability of £2,000,000).

Company newsletters from the U.S. plus e-mail assistance from our international members.

Access to Stretch-n-Grow franchise support website

*** all figures subject to vat**

Income Potential

Parents are typically charged **£3.50 per child** per class.

An average class (15 children) gives you an income of **£52.50**.

Four classes per day provide £210 per day. Therefore, you can easily earn **£630, WORKING A 3 DAY WEEK** for teaching less than ten hours.

12 classes per week = £630 per week gross
20 classes per week = £1,050 per week gross

Fees are typically paid for in advance, in ten-week 'blocks'.

Income varies according to the Franchisee's pricing options.

A management style format may be used whereby coaches are contracted at an average rate of **£15.00 per hour**. With this model, the profit per coach (after the coach's fee £4,500.00) delivering 15 classes per week for 40 weeks, would be **£27,000**.

Although the programme was designed as age appropriate for two to five year olds, it has been adapted for children aged eighteen months through to primary school age children.

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What next?

A few questions...

Request an application form or download one from our website
www.stretch-n-grow.co.uk

Come and see a class, or join us at one of our coach workshops.

Do some homework and prepare a business plan, (template available.)

You could be operational and fully trained ready to start in your area within eight weeks

Franchisee Feedback

“My experiences of Stretch-n-Grow are positive, positive, positive!”

JANE SMETHURST
Stretch-n-Grow, Altrincham

To provide parents, caregivers, and educators of young children with current information concerning proper exercise and nutrition, and other related issues, in an effort to encourage each family to participate together in a health and fitness programme.

See you soon!





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www.stretch-n-grow.co.uk