

K-3rd Grade

Amazing Athletes®



PROGRESSIVE SKILL-BASED SPORTS LESSONS

PLAY

- BASKETBALL
- FOOTBALL
- VOLLEYBALL
- SOCCER
- BASEBALL
- TRACK + FIELD
- CAPTURE THE FLAG
- DODGEBALL

LEARN

- NUTRITION
- SELF-CONFIDENCE
- TEAMWORK
- MOTOR SKILLS
- CONDITIONING

PERFORM

- SPEED
- AGILITY
- FLEXIBILITY
- STRENGTH
- COORDINATION



CLASS OVERVIEW

Warm-Up
Moving +
Stretching



Sport Focus



Sport Relay + Game



Cool Down

Relax + Stretch
Nutrition
Motivation

CLASS DETAILS:

Mondays, On the Playground, 12 weeks

Sept 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7, 21, 28, Dec 5

Fall Session: \$216

Annual Registration: \$20 (FREE t-shirt)

SCAN TO ENROLL!!!



Session 1

1-3 Grade (5-8 years) 2:30-3:10 pm

SCAN TO ENROLL!!!



Session 2

Kinder (5-6 years) 3:10-3:50 pm