

PRE-K4 - 1ST GRADE

WINTER ENROLLMENT NOW OPEN



Amazing Athletes multi-sport program sets kids on a path to an **active & healthy lifestyle** by teaching them the basics of sports, health, and nutrition.

PLAY

- BASKETBALL
- FOOTBALL
- VOLLEYBALL
- TENNIS
- SOCCER
- HOCKEY
- PICKLEBALL
- BASEBALL
- LACROSSE
- TRACK + FIELD

LEARN

INTRODUCTION TO NUTRITION + MUSCLE IDENTIFICATION

PERFORM

- BALANCING
 - CATCHING
 - JUMPING
 - RUNNING
 - THROWING
 - KICKING
-

CLASS OVERVIEW

WARM UP



ACTIVE EDUCATION



ACTIVE SPORT



PATIENT SPORT



COOL DOWN



CLASS DETAILS

Location:

Our Lady of Victory School

Class Details:

- PreK 4 - 1st Grade
- Thursdays 01/09 - 02/27
- 3:00 - 4:00PM
- \$176 for 8 weeks (monthly billing available)
- \$30 registration fee - jersey included!)

CLICK OR SCAN TO ENROLL



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