



Amazing Athletes®

EDUCATIONAL SPORTS PROGRAMS

DID YOU KNOW AMAZING ATHLETES
has teamed up with Our Saviours Lutheran Pre-School
and classes are held every Friday for your child!

The Amazing Athletes year-round program is specifically designed to enhance your child's learning experience through movement.

At Amazing Athletes your child will learn the basic fundamentals and mechanics of 9 different sports while also building self-confidence, practicing teamwork, and improving 7 key areas of motor development.

Basic Fundamentals & Mechanics of 9 DIFFERENT Sports



Basketball



Football



Golf



Baseball



Volleyball



Lacrosse



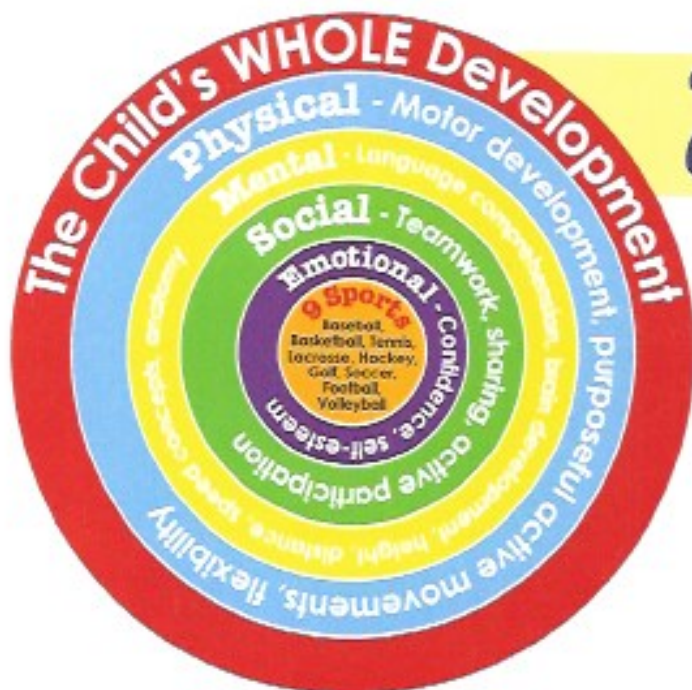
Soccer



Hockey



Tennis



7 AREAS of MOTOR DEVELOPMENT

- BALANCING
- **Running**
- **JUMPING**
- **Throwing**
- CATCHING
- **KICKING**
- **TARGET BOWLING**

Muscle Identification

10 individual muscles



Introduction to Nutrition

16 different fruits & vegetables

CLASS Overview

Warm Up

Physical Fitness
Stretching

Body Awareness & Coordination

Speed & Agility
Muscle Tone

Sport #1

Active Sport



Dynamic Education

Nutrition
Motor Development

Sport #2

Patient Sport



Cool Down

Yoga &
Review