

Amazing Athletes®

Education & Sports Programs

BACK TO SCHOOL

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Monthly Tuition: _____

Annual Registration Fee: _____

Total Due: _____

Contact: _____



10 SPORTS

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

INTRODUCTION TO NUTRITION

MUSCLE IDENTIFICATION

MOTOR SKILLS

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

CLASS OVERVIEW

Warm-Up
Stretching
Mr. Ladder

Active Education

Active Sport

Patient Sport

Cool Down

ENROLL TODAY