



## Sports, Health & Fitness After School Program SPRING 2012

Sports, Health & Fitness Class is specially designed to encourage kids into a lifetime of physically active and enjoying lots of fun while doing it. Having an optimized student to trainer ratio, each student receives personalized attention and encouragement while participating in our class activities. With hand & eye coordination maneuvers, explosive leg work, and team agility our goal is to set many youngsters on a path to a lifetime of health and fitness and arm them with knowledge for a lifetime of health. We have proven success from Kindergarten to 5<sup>th</sup>!

**Where: Sunnyside Elementary School Blacktop: Benches by Tether Balls**

**When: Tuesday and/or Thursday 2:40-3:50pm**

**Cost: \$320 = once a week, \$640 = twice a week**

**Our athletes will learn a new sport every 2 weeks which included basketball, tennis, lacrosse, hockey, soccer, volleyball, golf and baseball in 2010 to name a few. We are proud to be able to offer small class size to insure our goal of success to every level of ability. It is our focus to educate the athletes on anatomy, physiology and nutrition in a fun and interesting way. We want them to be armed with the knowledge they need to live healthy, active lives. All classes will be taught by a Certified Personal Trainer with a degree in Kinesiology or Exercise Physiology.**

**Coursework will include:**

- **Healthy Snack & Water (to be provided by parent/guardian)**
- **nutrition, health and wellness information discussed during snack**
- **flexibility, balance, and agility training**
- **strength training**
- **sports activity**
- **flexibility component**

All registration must be completed by downloading "KIDS Sports, Health & Fitness Intake Forms" at [www.solgym.com](http://www.solgym.com) under the documents tab. Return paperwork & payment to PTA envelope in office or mail to Sol Gym 2838 Diamond Street SF 94131. Payment through credit card can be arranged by calling 334.7697.