

# All Sports

Fall 2021-2022

Age 4-6 years (Max per class 12)					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		4:15-4:45			9:15-9:45
		5:00-5:30			10:00-10:30
		5:30-6:00			

Expose your child to a different sport each week!

Our kid's fitness class are designed for children of all ages. With an emphasis on gross and fine motor skill development and hand eye coordination, our fitness classes help children build basic fitness skills that will serve them for a lifetime. Classes focus on simple stretching exercises and fun games, that encourage them to use their bodies and develop a love of physical activity. While the class concentrates on overall fitness, it will be adapted to focus on seasonal sports such as soccer, t-ball, basketball, flag football, [kickball](#), hockey, **AND MANY MORE!**

All kids develop an appreciation of physical activity in their lives and the importance of maintaining a healthy lifestyle as they grow. Sports mentoring & early understanding of sportsmanship are also emphasized.

All games and activities will be age appropriate.

## PARENT REMINDERS

### CHILDREN MUST BE SIGNED INTO KIDZQUEST

*At least 15 minutes prior to start of their class.*

*No Parents are allowed in the Sport Center Area*

### 2021-2022 Class Calendar

Sept 13 Classes Start	Jan 17 No classes
Sept 16 No Classes	Feb 18-21 No classes
Nov 3 -4 No classes	March 7 No classes
Nov 25-28 No classes	April 15-24 No classes
Dec 24-Jan 2 No classes	May 27 Last Day of Classes

No Classes when Flemington schools are out

*Please contact Coach Candace at 908.782.4009 x234 for any questions*

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