

fitkidsAmerica®

MAKING FITNESS FUN

OLYMPIC VIEW ELEMENTARY 2018-2019 AFTERSCHOOL PROGRAMS

Session 1: August 13th- October 19th

Session 2: October 22nd- December 21st

Session 3: January 22nd- March 15th

Session 4: March 18th- May 24th

Cheerleading

Show your spirit! Learn all the cheer basics during this fun class! Cheer dances, chants, kicks and jumps are just part of the things you'll learn on your way to becoming a top notch cheerleader! Each week you'll add counts on to a cheer dance. No uniform purchase necessary.

Tuesday's 2:45-3:45

8 classes \$89

Olympic View Blacktop

Flag Football

Ready for some football! Learn football basics through drills, obstacle courses and strength training with an emphasis on team work. Increase agility, speed and self-esteem. Intramural games will be played each class. No tackling, just fun! Super Bowl will be played on the last day of the session. Group will be split by age and ability. Designed for beginning to advanced levels.

Tuesday's 2:45-3:45

8 classes \$89

Olympic View Field

Soccer

During this one-hour class, kids will learn the following skills: kicking, dribbling, goalkeeping, passing and ball control. There will be drills where the instructor teaches the individual skills and then scrimmages where the kids put those skills to use.

Wednesday's 2:45-3:45

8 classes \$89

Olympic View Field

Basketball

Got Game? Learn all the skills it takes to be a master on the court! Learn how to improve your shooting, passing, catching and rebounding skills! Instructors will teach you about player positioning, dribbling, ball handling and team concepts. Instruction includes offensive tactics such as shot selection and scoring while defensive tactics emphasize positioning and pressure from various areas of the court.

Thursday's 2:45-3:45

8 classes \$89

Olympic View Blacktop

Hip Hop

Get ready to learn the latest dance moves at this fun dance class! The class features all your favorite music (appropriate lyrics only). It is a high energy class where students receive step by step instruction on Hip Hop dancing. Each dance routine is broken down into easy to learn individual movements. Each class will include a warm up, stretching, choreography, and basic hip hop tricks. We bring the dance studio to you!

Thursday's 2:45-3:45

8 classes \$89

Olympic View Blacktop

**PLEASE NOTE THIS IS THE ONLY FLYER YOU WILL RECEIVE FOR THE
2018-2019 SCHOOL YEAR.**

HOW TO REGISTER!

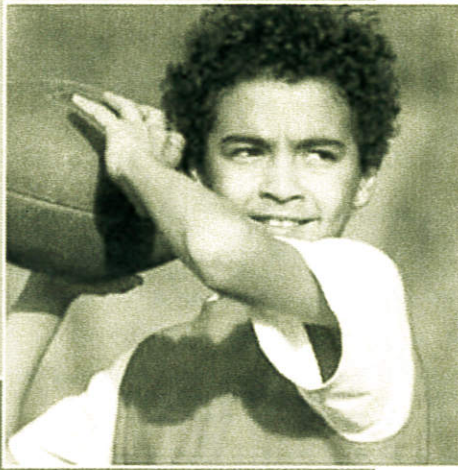
ONLINE: at www.fitkidsamerica.org,

CALL: 760-730-1115,

E-MAIL: info@fitkidsamerica.org

MAIL: to 2725 Jefferson St. #11, Carlsbad, CA, 92008

For more information please refer to Peach Jar or www.fitkidsamerica.org.



All Classes Held Rain or Shine!

Only Kindergarteners are picked up from class.