

# Sports & Fitness

## Preschool

Ages 3-6

October 29-December 21

Registration October 28

### Creative Kids Art

1:00-2:00 PM

Mondays \$134

No Class: 11/19

### Tap/Ballet

1:00-2:00 PM

Tuesdays \$120

No Class: 11/6, 11/20

### Sports FUNdamentals

1:00-2:00 PM

Wednesdays \$134

No Class: 11/21

### Movement Matters

1:00-2:00 PM

Thursdays \$106

No Class: 11/22

### Tennis

1:00-2:00 PM

Thursdays \$169

No Class: 11/22

### Gymnastics

1:00-2:00 PM

Fridays \$148

No Class: 11/23

### Soccer

1:00-2:00 PM

Fridays \$148

No Class: 11/23

## Elementary

Ages 5-12

October 29-December 21

Registration closes October 28

### Gymnastics

5:30-6:30 PM

Mondays \$175

No Class: 11/19

### Creative Kids Art

Artist Dawne

Cueller will introduce your child to the wonders of color and texture, learning his/her primary colors and learning how to mix them to create secondary colors! They will make a new masterpiece each week, working with paint, beads, clay, pastels, fabric-paint and using re-purposed items to make the latest crafts. Art can get a bit messy and we will provide smocks; however, please don't send your child in their Sunday best!

### Tap/Ballet

Instructors from Creative

Movement & Dance teach a class combining tap and ballet. Since ballet is the basis for all dance technique, the combination of both work hand in hand. The technical training is taught through ballet, which in turn helps teach the proper shifting of weight and patterns in movement for tap. Since children naturally respond to music and movement, all of the activities are executed to fun music.

### Sports FUNdamentals

Coach

Lindy introduces your preschooler to the basics of sports in a fun, noncompetitive way. Kids will learn the techniques of throwing, catching and dribbling a variety of balls, as well as kicking and aiming. We will also introduce proper stance and swinging techniques with racquets and bats. Your preschooler will have a great time learning new skills, then applying them in a variety of games.

### Movement Matters

In this class students explore play environments, movement games, parachute activities, music and dance. This class was designed to support physical, tactile, social and language development. Your child will accomplish gross motor, fine motor and sensory challenges in a fun and energized atmosphere. Each week has a different theme to encourage imagination. Instructor, Peggy Coxen, has a background in Recreation Therapy and has been working with preschool aged children for 20+yrs.

### Tennis

Instructors from Pure Tennis bring

their Tennis Tots Program which offers your small tennis star a fun introduction to the game in a setting that's perfect for their learning abilities. The Tennis Tots Program uses modified equipment to ensure they learn at their level. They use smaller racquets as well as low compression balls to learn strokes and movements to the motor skills they'll need to move forward as they grow, they make certain your child gets the basics in an environment that works for them. The goal is to continually help build and develop their interest in the sport.

### Gymnastics

Back 2 Basics Gymnas-

tic Academy's gymnastics program for **pre-school** kiddos from 3- 6 years of age is creatively designed to promote body awareness and self-esteem through gymnastics exercise. The children will be taught very beginning gymnastics skills on balance beam, floor, vault, and uneven bars. **Clothing for both classes:** For your child's safety, we recommend girls wear a leotard (without a skirt). For boys or girls, shorts and T-shirts are acceptable. Loose-fitting or "baggy" clothing is a safety hazard and therefore prohibited. Socks or footies are not allowed!

### Soccer

Kidz 'n' Kicks Soccer is a fun, high-

energy and innovative soccer program that introduces kids to soccer using fun games and activities. which help develop valuable social traits like self-esteem, respect, empathy, caring and character.

#### Contact:

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#### Register online:

[kingswoodumc.org](http://kingswoodumc.org)

#### Kingswood United Methodist Church

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