



**GRADES
PRESCHOOL-K**

PROGRESSIVE SKILL-BASED SPORTS LESSONS

Amazing Athletes JumpBunch is a multi-sport program that sets kids on a path to an **active & healthy lifestyle** by teaching them the basics of sports, health, and nutrition.

PLAY

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

LEARN

INTRODUCTION TO NUTRITION

+

MUSCLE IDENTIFICATION

PERFORM

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

CLASS OVERVIEW

WARM UP

Music & Stretches

OBSTACLE COURSE

ACTIVE EDUCATION

ACTIVE SPORT

COOL DOWN

CLASS DETAILS

Day/Time:
Mondays
3:00-4:00(Preschool-K)

Spring 2024 Session:
January 22 - May 6
no class 2/19, 3/11, 3/18

Location:
Classes held at New Vistas Center for Education

SPACE IS LIMITED!

Pricing:
\$375 or 5 equal payments of \$78
*\$50 Discount given to aftercare students. Please use promo code NVACS24 when checking out.
**\$25 annual registration fee includes an Amazing Athletes performance shirt.

SCAN OR CLICK TO ENROLL