



## Fun, Fitness & FUNdamentals

Grades K-2

(Co-ed)

The main objective of this program is for participants to continue to develop and master the fundamental movement skills as well as begin to learn gymnastics skills from all four disciplines.

The goal is to give the athlete the opportunity to enjoy sport, have fun and develop self-confidence and group/team social interactions in a safe and positive learning environment

### FALL 2017

Monday	4:45-5:45pm
Tuesday	3:45-4:45pm & 5:30-6:30pm
Wednesday	3:45-4:45pm & 4:45-5:45pm
Thursday	3:45-4:45pm
Saturday	11:30-12:30pm & 2:00-3:00pm