



Advanced Fun, Fitness & FUNdamentals

Grades 1-2

(Co-ed)

Completion of Fun, Fitness & Fundamentals is Required (as per coach) The FFF program is a 3 year program and the completion of a session does not mean the completion of FFF.

This class is a continuation from Fun, Fitness and FUNdamentals. The main objective of this program is for participants to continue to develop and master the fundamental movement skills as well as continue to develop and master gymnastic 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	4:45-5:45pm
Wednesday	6:00-7:00pm