

Amazing Athletes®

Educational Sports Programs

3 Unique Programs

18mo - 2.5yrs



Amazing Athletes Tots is a year-round program offering weekly guided, discovery-based classes designed to provide your tots with plenty of interactive movement experiences that allow them the practice they need to master their growing bodies.

- 5 Different Sports
- Body Part Identification
- Vestibular Challenges
- Locomotor Activities
- Team Building Parachute Activity
- Weekly Obstacle Course

CLASS OVERVIEW

Warm-Up



Speed Concept



Discovery Sport



Nutrition • Motor Development



Team Building



2.5 - 6yrs



Amazing Athletes is the premier year-round developmental sports and physical fitness program designed to empower preschoolers through positive movement experiences with a focus on meeting their motor-development milestones.

- 10 Different Sports
- 10 Major Muscles
- 16 Power Foods
- 6 Key Areas of Motor Development
- Weekly Obstacle Course
- Speed & Agility

CLASS OVERVIEW

Warm-Up

Stretching
Obstacle Course
Physical Fitness

Active Sport



Muscle Zoo



Nutrition • Motor Development



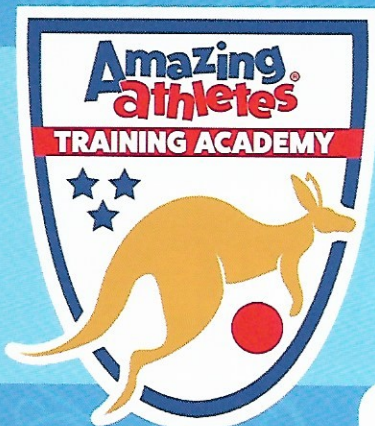
Patient Sport



Team Building



K - 5th Grade



Amazing Athletes Training Academy is a session-style cross-training program designed to engage older children through sport-based motor-skill training and advanced physical fitness challenges. Classes are non-competitive and incorporate partner-work and team challenges which allow athletes to develop at their own pace.

- 6 Different Sports
- 10 Major Muscles
- Advanced Motor Development
- Speed & Conditioning
- Nutrition Discussion
- Fitness Relays

CLASS OVERVIEW

Warm-Up

Physical Fitness
Dynamic Stretching

Strength Training



Group Training



Partner Training Focus

Sports Skills
Partner Work

Speed + Agility



Team Fitness Relay



Nutrition • Team Building

