

Sports Readiness For Girls

A Must For Girls Interested In Excelling In All Sports!

This class is designed to prepare girls for sports activities by developing strength, power, flexibility, coordination, speed, along with all other fundamentals of movement (i.e. running, jumping, climbing, balance, agility)

Your child will develop skills to enhance other sports that she might be involved with. This class is going to be a lot of fun and will really benefit girls participating in all sports.

**Summer
2009
Times**

Girls Ages 10yrs & Up
Mondays & Wednesdays
8:00 - 9:00 p.m.

(immediately after tumbling classes)

\$180 / 10 week Session

or

\$100 / 10-Week Session
With another class

(See Front Desk for Flex Summer Pricing)

