



Kids in Motion - Fun Fitness

Sports Mix

Sponsored by the Kings Park PTA!

Time: 3:30-4:30pm

Grades: K-3

Space: Outside Field

Wednesdays: Apr 3, 17, 24 May 1, 8, 15, 22, 29 = 8 classes (no class Apr 10)

Includes: Basketball, Flag Football, Soccer, and Run Club

To Register: \$129.00/participant. Visit: <https://www.novakidsinmotion.com/registration/>

After School Programs Provide:

- Positive Enrichment
- A chance to make friends
- Upbeat atmosphere
- Increased physical fitness
- Active time after school



Class Description:

Kids in Motion Sports Mix includes Run Club, Flag Football, Basketball and Soccer for K-3 students. During basketball, flag football, and soccer, athletes start with warm ups, move on to learn the basics of dribbling, shooting, passing, and catching, and then form teams to scrimmage if the kids are able (based on the group's ability.) Coaches engage the kids in super fun running warm ups, such as sharks and minnows, tag games, and team racing competitions at the start of class. During run club kids alternate during the hour between running laps and participating in fun running games, races, and activities. Sports Mix is all about fun fitness and learning new skills. It's a great way to be active and make friends after school!

Be advised:

While all reasonable precautions will be taken to assure my child's safety and to prevent any injuries from occurring, I will not hold the Instructor, Kids in Motion, the school, the PTA or related officers and members liable for any accident that may occur. Also, photos or video may be taken during classes or other events and may be displayed on Kids in Motion related materials or websites.

Contact us at: **703-927-8653** or eleni@novakidsinmotion.com

Visit: www.novakidsinmotion.com