

Start Times	TWICE PER WEEK CLASSES		
	Mon-Wed Class	Tues-Thurs Class	Wed-Fri Class
9:45am		Cougars Training Camp	
10:45 AM		Seahawk Starters	
11:00 AM			
4pm		Seahawk Starters	
5pm		Cougars Training Camp	
6pm	Stingray Starters		

Enrolling Now!!



2008 Fall Classes

Coaching Kids...One Play at a Time!™

EveryBody Fits

972-471-2345

Start Times	ONCE PER WEEK CLASSES					
	Monday Only	Tuesday Only	Wed Only	Thurs Only	Friday Only	Saturday Only
9:00am						Jumpin' Joey's
10:00am			Cougars Training Camp			Cougars Training Camp
11:00 AM			Homeschoolers			Sting Ray Starters
12:00 PM						Seahawk Starters
5pm	The Justice League		Jumpin' Joey's			
6pm		Titan Sports 6-8 years		The Incredibles		
7pm	Cyclone Soccer	Titan Sports 9-11 years		Slammers Basketball		

Jumpin' Joeys - Parent child class with work on coordination, agility, balance, basic throwing, catching, and kicking.

Cougars Training Camp (3-4yrs)

Classes designed for children with little to no exposure to sports play. Beginner skills taught with focus on balance, coordination, and agility. Also, emphasis on sportsmanship, patience, and cooperation with teammates.

Seahawk Starters (4-5yrs) - Classes designed for children that are comfortable using sports equipment. Can perform sports drills without getting frustrated and works well with other teammates. Understands the introduction of specific sports rules and terms. Follows directions well and focuses during class.

Stingray Starters (5-6yrs) - Classes designed for children that are comfortable using sports equipment. Can perform sports drills without getting frustrated and works well with other teammates. Understands the introduction of specific sports rules and terms. Follows directions well and focuses during class.

Cyclone Soccer (ages 6-12) - Class designed to work on and enhance soccer skills and to improve knowledge of the game.

Titan Sports - Multi Sports program designed for children with little to no organized sports play that want to explore different sports in a non-competitive, friendly atmosphere. Exciting drills and games with additional focus on physical conditioning and fitness.

Slammers Basketball (ages 6-12) - Class designed to work on and enhance basketball skills and to improve knowledge of the game.

The Incredibles - Parent-Child Interactive Class

This class is designed specifically for children with physical disabilities. Class ratio is lower to allow more one on one attention. Introductory sports skills with a focus on coordination, agility, and balance in each class. Parents must meet or speak with Coach Martin in advance to discuss their child's abilities and to set personalized goals.

The Justice League

This class is designed specifically for children with special needs conditions (i.e. autism, downs syndrome, sensory disorders). Class ratio is lower to allow more one on one attention. Introductory sports skills with a focus on coordination, agility, and balance in each class. Parents must meet or speak with Coach Martin in advance to discuss their child's abilities and to set personalized goals.