

Start Times	TWICE PER WEEK CLASSES		
	Mon-Wed Class	Tues-Thurs Class	Wed-Fri Class
8:45am			
9:00am			
9:45am		Cougars Training Camp	
10:00am			
10:45 AM		Seahawk Starters	
11:00 AM			
4pm		Seahawk Starters	
5pm		Cougars Training Camp	Stingray Starters
6pm			

Enrolling Now!!



2008 Fall Classes

Introductory Pricing

Coaching Kids...One Play at a Time!™

EveryBody Fits

972-471-0458

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			Seahawk Starters
						Stingray Starters
5pm			Jumpin Joey's			
6pm	Stingray Starters	Titan Sports 6-8 years	Seahawk Starters	The Incredibles	Cougars Training Camp	
7pm	Cyclone Soccer	Slammers Basketball	Bulldogs Baseball	Titan Sports 9-11 years		

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

Cougars Training Camp (3-4yrs)

Beginner skills taught with focus on balance, coordination, and agility. Also, emphasis on sportsmanship, patience, and cooperation with teammates.

Seahawk Starters (4-5yrs) -

Beginning and intermediate skills taught with a focus on teamwork and sportsmanship. Agility and body control taught in every class. Sports specific agility and strength each week.

Stingray Starters (5-6yrs)

Intermediate and/or advance skills taught for each sport. Development of team interaction and an understanding of the rules of each game is included in each lesson plan.

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

Bulldogs Baseball (ages 6-12) - Class designed to work on and enhance baseball 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.

The Incredibles

This class is designed specifically for children with special needs. 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.

