



# **ATHLETIC DEVELOPMENT FOR CHILDREN 10 AND UNDER**

## **What is this class for?**

The goal of the 10 and under athletic development class is to create a foundation of physical development to make your child a better athlete. The focus will be fundamental skills that many children lack these days due to the demise of physical education and the onset of a more sedentary lifestyle.

Activities like throwing and catching, proper running and jumping, crawling, carrying, hand eye coordination, and core body strength will be targeted to achieve better body control and movement. These skills are key to success in any athletic endeavor and will be highlighted through a variety of sports and games such as 4 square, volley ball, football, athletic tic-tac-toe, soccer and more. Times to be scheduled are at the discretion of the parent and available trainer.



Contact Jared Evans to schedule your trial session.  
Jared@giammalva.com

**Learning through  
games and  
activities**

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**Making fitness fun!**

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**Building better  
athletes**

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**Creating lasting  
healthy habits for a  
lifetime!**

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**Prevent injuries and  
improve  
performance**

## **GIAMMALVA RACQUET CLUB**

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Spring, Texas 77379  
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[www.Giammalva.com](http://www.Giammalva.com)

Dates and price:  
scheduled individually,  
\$125 for 4 sessions