



ATHLETIC DEVELOPMENT FOR CHILDREN OF ALL AGES

What is this class for?

The goal of the 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**

Making fitness fun!

**Building better
athletes**

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

**Prevent injuries and
improve
performance**

GIAMMALVA RACQUET CLUB

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