

The Virtual Class Kids Look Forward To!

4 Weeks - Twice Weekly - Choose Dates & Times That Work For YOU!



This entire program is designed to be done in the comfort of your own home. 2 classes per week - Each day includes:



- ★ RSBQ Flexibility
- ★ 3 Different Skills & Exercises
- ★ Confidence Builder
- ★ Mindful Minutes
- ★ Challenging Activity
- ★ Cool Down & Stretch

WINTER Session 2

<input type="checkbox"/> Live Kids Fit	Feb. 8 - Mar. 3	Tk-2nd grade	(Mon & Wed)	3:15 - 4:00 pm
<input type="checkbox"/> Live Kids Fit	Feb. 9 - Mar. 4	Tk-2nd grade	(Tues & Thurs)	5:15 - 6:00 pm
<input type="checkbox"/> Live Kids Fit	Feb. 8 - Mar. 3	3rd-5th grade	(Mon & Wed)	4:15 - 5:00 pm
<input type="checkbox"/> Live Kids Fit	Feb. 9 - Mar. 4	3rd-5th grade	(Tues & Thurs)	3:15 - 4:00 pm
<input type="checkbox"/> Live Kids Fit	Feb. 8 - Mar. 3	6th-8th grade	(Mon & Wed)	5:15 - 6:00 pm
<input type="checkbox"/> Live Kids Fit	Feb. 9 - Mar. 4	6th-8th grade	(Tues & Thurs)	4:15 - 5:00 pm



NATIONAL ACADEMY OF ATHLETICS

The NAofA wants your kids to **PLAY HARD** and **HAVE FUN** at HOME!

Physical activity is now more important than ever. NAofA has successfully upgraded our already highly recommended All Sorts of Sports After School Club to incorporate Social and Emotional Learning, (SEL). It is the most powerful (and unappreciated) 'medicine' for present and future health issues - For the body, mind, & spirit. Our Virtual After School Club is a solution for families who enjoy sports & exercise, but are not comfortable with, or do not have access to, in person instruction.



NationalAcademyofAthletics.com