



*Building a better lifestyle  
through Sports, Fitness, Arts & Education*

Life Sports Fitness (LSF) is a tax-exempt organization that develops and delivers high quality educational fitness and recreational programs for children and their families. We provide out-of-school time youth development options in year-round programs teaching life skills and core values via sports, fitness, recreation and positive mentorship. We pride ourselves in our ability to teach, motivate, and inspire – helping every participant to unleash their full potential.



Life Sports Fitness has grown from 3 participants in 2010 to a full service youth and family development organization operating afterschool, full day, school vacation, summer, and specialty programs across South Florida. LSF remains highly accessible by offering transportation from neighboring schools through our fleet of passenger vans. Our proprietary curriculum is aligned with our 12 core values and the National Physical Education Standards.

#### 12 Core Values:

- Integrity
- Respect
- Honesty
- Confidence
- Courtesy
- Responsibility
- Sportsmanship
- Judgment
- Perseverance
- Leadership
- Relationship Building
- Empathy



The benefits of our curriculum for children involve emotional and physical health, main components of a meaningful life. By practicing and internalizing the Core Values, participants are more prepared to face and overcome obstacles and develop thinking and emotional dispositions necessary to be successful in life. These values are embedded in specific sports lessons that offer a wide variety of fun and motivating activities to keep participants actively engaged and interested. Participants learn sports skills, history and rules through age specific lesson plans implemented by qualified and trained coaches. Drs. Daniela Fenu Foerch and Eva Frank, experts in thinking dispositions, wellness, and physical education, helped develop the curriculum.

# Programs

## *Afterschool Program*



Life Sports Fitness (LSF) is a high quality, sports-themed youth development organization for children ages 5 to 16. The Broward County and Dade County after school program for elementary aged students is located in facilities at Fort Lauderdale's Holiday Park and Town of Surfside Community Center.

The daily schedule runs from 2 to 6 p.m. A typical day includes snack time, physical fitness,

homework and free play. Extended hours when schools have early release days are included in monthly fees. Full day camps are available during school holidays and vacations for an additional fee.

We have quiet classroom settings and time set aside for homework completion. Our team checks that assignments are done before children return to other activities. In addition, we partner with iThink, a tutoring service, that provides extra educational support if needed. Our large multipurpose facilities include space for informational, educational, and entertainment purposes.

Another benefit of the Afterschool Program is linkage to and discounts on a number of specialty programs.

Speciality programs give kids a chance to deepen a passion for the things they love, or try out something new!



To register email [info@lifesportsfitness.com](mailto:info@lifesportsfitness.com)

## *Specialty Programs*

Life Sports Fitness offers a number of specialty programs through its skilled staff and partnerships.

[Drone Engineering](#) offers an introduction to the World of Drones and their opportunities by our partners, VeryDrone. Individuals in this program have a strong basic knowledge of Drone design, repair, and operations.

[Electrical Engineering](#) allows students in this program to explore, learn, and experiment with circuitry and digital electronics in addition to learning about electronic components such as transducers, resistors, and transistors. Students learn the theory behind electrical circuits such as Ohm Law, Kirchoff Law, DC vs AC current, integrated circuits and more. The fee includes all supplies and materials, including an Engineering Kit to take home after program ends.

[Basic Gymnastics](#) is provided by Little Budahs Yoga and delivered as mixed-level classes for children 6 to 14 years old. Beginning tumbling skills are introduced, while strengthening and conditioning are incorporated. Children learn how to safely execute forward and backward rolls, handstands, and cartwheels in a fun and safe environment.

[Jiu Jitsu](#) is taught by our neighbor and partner, the Valente Brothers, whose youth programs focus on the physical, emotional, and mental wellbeing. They teach students powerful defensive skills that will help them stand up to bullies.

[Other programs](#) offered by qualified Life Sports Fitness coaching staff include:

- Introduction to Music
- Archery
- Art
- Typing and Keyboards
- Tennis

## Summer Camps

LSF offers a variety of full-day Summer Camps for kids throughout Broward County, such as:

- Coral Ridge Yacht Club Summer Camp
- Sailing
- Surfing
- Summer Junior Golf Program
- Summer Junior Tennis Program
- Teen Adventure Camp (ages 11-16)

All programs require a \$30 registration fee which includes two t-shirts, a water bottle, and a Drawstring Bag. Camp fees include two (2) field trips per week. We offer discounts for siblings, participants referred by 2-1-1 and limited scholarships.



Summer Specialty Sports Programs typically run Monday through Friday from 8 a.m. to 12 p.m. The half day Summer Specialty Sports Programs typically cost \$30 per day but may vary depending on the subject. We offer discounts for siblings, participants referred by 2-1-1 and limited scholarships.

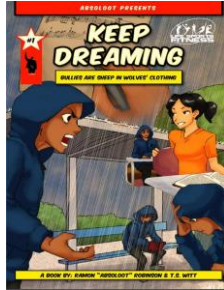




# Enrichment Activities

## "Keep Dreaming" Tour

An Anti Bullying Book  
By: Ramon "Absoloot"  
Robinson & T.S. Witt



## Nutrition Focused

Teaching about food in a healthy way & fueling the body for maximum performance.



## Audio Fitness: Exercise Your Creativity

The purpose of the program is to allow musically inclined youth to develop and hone their talents/skills so that they may build confidence in the world of Pro Audio, and to potentially embark on a music career. It is evident that children have the greatest imagination, so we hope to cultivate our young talent with an encouraging platform for the aspiring artist, DJ, songwriter, composer and producer.



## Group Conditioning

Whether it's an athletic team or an after school program, we can create a fun and educational fitness program aimed for children of all age groups and skill levels.

## Health Education

Understanding the science/biology behind a healthy lifestyle and exercising the mind for optimal mental toughness on and off of any playing field – knowledge is power.

## iThink

Provides educational instruction assisting children in academic skills including technology & higher-order thinking skills; providing them with tools required for a successful future.



## **Life Sports Fitness Curriculum Overview**

We develop participants from all backgrounds and abilities starting at the age of 5 years through high school. We deliver our one-of-a-kind proprietary curriculum that meets national physical education standards, and develops life skills and core values during the school year and throughout a ten-week summer camps offering.

**Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.**

**Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.**

**Standard 3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.**

**Standard 4 - The physically literate individual exhibits responsible personal and social behavior that respects self and others.**

**Standard 5 - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.**

**Citation: National Standards for K-12 Physical Education Copyright 2013, SHAPE America –Society of Health and Physical Educators, 1900 Association Drive, Reston, VA 20191, [www.shapeamerica.org](http://www.shapeamerica.org). All rights reserved.**

**Please contact someone from the leadership team today to continue the development of ideas that serve our children and families. To schedule a face-to-face conversation, use the contact information below. Thank you for your time and we look forward to hearing from you soon.**

### **Contact Information for the Leadership Team:**

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LSF

Afterschool



Speciality Programs

Adult Programs



Children's Programs



Summer Camps



Grant-funded Projects

