



Is your child destined to be an athlete? We say yes. We believe that an athlete is simply someone who joyfully and confidently participates in regular exercise and understands the importance of fitness. Kidokinetics inspires kids to get up, get moving, and get in shape as we set the tone for a lifetime of physical fitness. In our unique program your preschooler will learn about the human body (anatomy, physiology, and nutrition), move and exercise, and have fun in a non-competitive, safe, and encouraging environment. Introducing a variety of sports concepts in a fun and non-competitive environment helps children focus on individual achievement and build self-confidence. In our exciting group classes, a new sport and activity is introduced each week! We focus on all the age appropriate gross motor skills needed. Hockey, Football, Soccer, Baseball, Volleyball, Basketball, Lacrosse, Noodlekinetics, Bowling, Golf and many other sports and skills will be experienced by your child.

Chabad of Nova 2016-2017

Sundays

10.30-11.30 am Kidokinetics

11.30-12.30p.m. Snack and Crafts (activity run by Chabad)

September 11th.-October 9th.-November 6th- December 4th
 January 8th-February 5th-March 5th- April 2nd-May 7th- June 4th

\$100 for \$10 weeks session or \$12 per class

Child's Name _____ Age _____ D.O.B. _____
 Phone Number _____ E-mail _____
 Amount Enclosed _____ Please leave your registration papers at the main office

Sports and Fitness for Boys and Girls

Sports & P.E. Classes - School Enrichment Programs - Park & Community Center Classes - Sportkinetics
 Sport Clinics - Noodlekinetics - Mommy & Me Classes - Daddy & Me Classes - BabyKinetics Classes - Birthday Parties Summer Camps -
 Special Events

Franchise Opportunities Now Available

www.Kidokinetics.com