



# Executive Sports Program

## Ages 6 – 15

Executive functions comprise an array of skills which, together, are cognitive abilities to orchestrate oneself in a goal-directed manner. With an emphasis on athletics and a positive experience, seasoned educator Coach Bill instructs youth with varying abilities in tennis and basketball. A volunteer coaching staff of two will be rotated to help personalize each 60-minute class, ensuring that students are kept active and engaged.

**TENNIS:** Students will learn how to correctly grip a racket, the technique of correct forehand and backhand follow through, and practice their serve.

**BASKETBALL:** ‘Street-style’ basketball, including bouncing of the ball between the legs, behind the back, passing to team mates and scoring into the net. This class will focus on: developing confidence, feeling a sense of accomplishment, and executive function skills.

## Ages 6 – 10

**Wednesdays, 5 – 6 p.m.**

Apr. 24 – May. 29

Members \$162 / Community \$192 (6 sessions)

## Ages 11 – 15

**Wednesdays, 6 – 7 p.m.**

Apr. 24 – May. 29

Members \$162 / Community \$192 (6 sessions)

**To register, contact Liza Fahey at 203-487-0946.**

