



# Amazing Athletes®

EDUCATIONAL SPORTS PROGRAMS

## Who We Are

Amazing Athletes is an educational sports program targeted to children aged 2 ½ to 6 and structured in a manner consistent to the way they learn. Since all of our classes are taught in a group setting we are able to incorporate lessons in sportsmanship, teamwork, and self-confidence.

Each 35-40 minute class encompasses two developmental sports lessons along with activities proven to build and mature a child's motor development, hand-eye coordination, and cardiovascular fitness.

The result of our action-packed curriculum is a program which allows every child to build their skills at their own pace within a non-competitive, learning-based environment that emphasizes patience, teamwork, and self-confidence.



## What We Do

Our trained coaches work with every child's strengths and abilities to teach the basic fundamentals and mechanics of 9 different sports in a hands-on kinesthetic environment. Those sports include baseball, basketball, football, soccer, hockey, lacrosse, golf, tennis, and volleyball, utilizing age appropriate equipment.

We purposefully incorporate 7 key areas of motor-development into our curricula in order to give every child time to learn and master 29 individual motor-skills and ensure they are ready for the transition into primary school.

Our classes are structured to follow proper fitness protocol and include age-appropriate warm-ups, stretches, strength movements, and an end of class cool-down.



## Why We're Important

Cognitive, emotional, and social capacities are inextricably intertwined in the brain, and, in like fashion, learning, behavior, and both physical and mental health are highly interrelated throughout the life course. One domain cannot be targeted without affecting the others.

The emotional and physical health, social skills, and cognitive-linguistic capacities that emerge in the early years are all important prerequisites for success in school and later in the workplace and community.

Over 80% of a child's intellectual potential is developed before they begin their primary education. Our classes are integral to aide your child's success as they begin kindergarten.

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