SPORTS UNIVERSITY

22 MADISON ROAD
FAIRFIELD, NJ 07004

F.I.T. KID

(Fun in Training)

Sport University's FIT KID Program is designed to provide a Fun Environment where young athletes will have a positive experience and build confidence in their participation of all sports.

- Teaches the proper mechanics to basic athletic movements (Running, Stopping, Changing Direction, & Jumping)
- Improve Balance & Coordination
- Introduces young athletes to various sports (throwing, catching, kicking, hitting…)
- FUN Environment where athletes will get Fit & Learn the importance of maintaining a fit lifestyle
- Develops confidence in young athletes
- Teaches kids about what to eat and why
- Provides a Positive Experience in Training & Sports to jumpstart their future in athletics and living a healthy life

SPRING 2010 SCHEDULE

Wed 6pm– 7pm
Sat 9am– 10am
CLASSES ARE SMALL GROUP &1 HOUR LONG

CLASSES WILL START ON WEDNESAY, JULY 7TH

INQUIRE ABOUT OUR NEW AMAZING PRICING!!!!

- Introducing New Classes
- Flexible Packages
- Prices as LOW AS $9/ SESSION!!!!

For Questions or Information email vaishali@sports-u.com or visit www.sports-u.com