

## Start Smart Football



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**"A parent and child skill development program"**

Start Smart Football teaches children (ages 3-5) the basic motor skills necessary to play organized flag football while they work one-on-one and spend quality time with their parents. The program focuses on teaching children, and their parents, skills in throwing, catching, kicking / punting and running / agility without the threat of advanced competition or the fear of getting hurt. Through participation, children will acquire the confidence to perform those skills in a more competitive setting.

Held once a week for 7 weeks, each week the exercises become increasingly more difficult as the class progresses and the children show improvement. This exciting program was developed by the National Alliance for Youth Sports. Every child must be accompanied by a parent to each class. A T-shirt will be provided.

**Date: September 6 - October 18, 2012**

**Thursday evenings 6:00 - 7:00 PM**

**Holland Heights School Park**

**Registration Deadline: August 23 (online); August 24 (office by 5:00 PM)**

**Space is limited**

Click [here](#) for more information on Start Smart Football.

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