

Start Smart Preschool Multisport



Start Smart Preschool Multisport

“A parent and child motor skill development program”

Did you know that according to a study conducted at Northern Kentucky University, 49% of children (between 5 and 7 years of age) lack the minimum athletic skills needed to participate in organized sports? This program provides parents with the chance to work one-on-one with their child (ages 3-5 years) in a supervised, non-competitive and non-threatening setting.

Parents will help their child learn and develop throwing, catching, kicking and striking skills that are needed for organized sports participation. Skills are altered each week to account for the child's progress. Children will take a “Readiness Test” to measure their physical skills on the first day of class and will be re-tested at the conclusion of the program. Through participation, children will acquire the confidence to perform those skills in a competitive setting. A variety of safe, soft, modified equipment will be used to enhance skill development and increase confidence.

This exciting program was developed by the National Alliance for Youth Sports. Every child must be accompanied by a parent or qualified adult to each class. A T-shirt will be provided for each child.

Dates: Tuesdays, January 13 - February 17, 2015

Time: 6pm - 7pm

Ages: 3 - 5 Coed

Fees: \$30 Resident • \$45 Non-Resident

Location: Holland East Auxiliary Gym

Registration Deadline: January 4, 2015 (Online) January 5, 2015 (Office)

Registration Code: 310401 S1

NOTE: Each session is limited to 24 children. Registrations are taken on a first come, first served basis. Child's age is determined as of the first day of class.

Click here for more information on Start Smart Multisports

Source URL (retrieved on 2015-03-06 11:22):

<http://www.cityofholland.com/recreation/start-smart-preschool-multisport-0>