FUNdamentals of Athletic Movement

A clear path to better sport, greater health, and higher achievement

Children need to do the right things at the right time to develop in their sport—whether they want to be hockey players, dancers, basketball players or golfers.

This camp focuses on the development of fundamental movement skills, including: the ABCs of Agility, Balance, and Coordination as well as the following:

- Fundamental Athletic Position
- Proper Running Form
- Jumping and Landing
- Hopping
- Skipping
- Leaping
- Throwing and Catching
- Games and Fun Activities

Plus Parent/Family NUTRITION

Ages: 6-10 years old

Sunday 6-7 PM – Oct 12, 19, 26, Nov 2
Sign up for 2 ($40) 3 ($60) or all 4 ($75) sessions

Location: 4660 South Hagadorn Road
East Lansing, MI

Call today and reserve your spot: 517-884-6133

Visit us @ SNAPP.msu.edu