

The Virtual Class Kids Look Forward To!



6 Weeks - Twice Weekly - Choose Dates & Times That Work For YOU!



**This entire program is designed to be done in the comfort of your own home.
2 classes per week - Each day includes:**



- ★ RSBQ Flexability
- ★ 3 Different Skills & Exercises
- ★ Confidence Builder
- ★ Mindful Minute
- ★ Challenging Activity
- ★ Cool Down & Stretch

3 Seperate Grade Groups Available ★ K-2 ★ 3-5 ★ 6-8

SESSIONS BEGIN IN SEPTEMBER

Visit our website to select the Virtual Sports Club that works for YOUR SCHEDULE!



NATIONAL ACADEMY OF ATHLETICS

The NAofA wants your kids to **PLAY HARD** and **HAVE FUN** at **HOME**!

Physical activity is now more important than ever. NAofA has successfully upgraded our already highly recommended All Sorts of Sports After School Club to incorporate Social and Emotional Learning, (SEL). It is the most powerful (and unappreciated) 'medicine' for present and future health issues - For the body, mind, and spirit. Our Virtual After School Club is a solution for families who enjoy sports and exercise, but are not comfortable with, or do not have access to, in person instruction.



REGISTER NOW!

www.herculesrec.com