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Programs

<p>Basketball Grades: 1 – 6 Min/Max: 10/20</p>		<p>Fundamentalz basketball is a specialized program that focuses on progressive skill development in a safe and positive environment. This program also emphasizes teamwork, communication, and leadership.</p>
<p>Crafts-to-Go Grades: 1 – 6 Min/Max: 10/24</p>		<p>Crafts-to-Go is designed to provide kids with a fun and engaging environment to express their creativity and imagination through working on a variety of craft projects. Each class session is tailored for kids to interact and share their creative ideas All supplies provided by Fundamentalz.</p>
<p>Flag Football Grades: 4 – 6 Min/Max: 10/20</p>		<p>Are you ready for some football! Flag Football introduces children to the basic rules and gameplay of football in a safe and fun environment. In addition to gameplay there is a focus on coordination, agility and dexterity through gross and fine motor skill drills and activities.</p>
<p>Floor Hockey Grades: 1 – 6 Min/Max: 10/16</p>		<p>Floor Hockey is designed to teach children the fundamentals of hockey in a safe, fun, and non-competitive environment. Emphasis is placed on the development of puck handling, passing and shooting skills. Children will receive ongoing growth and challenge through the expansion of their physical and mental hockey abilities.</p>
<p>Hip Hop Grades: 1 – 6 Min/Max: 10/20</p>		<p>Kids will catch the dance fever as they are introduced to the rhythmic beats and urban steps of hip hop dancing. In addition to having fun and exercising, children will develop improved coordination and visual-spatial motor skills.</p>
<p>Martial Arts Grades: 1 - 6 Min/Max: 10/24</p>		<p>Children learn basic martial arts techniques for self defence through various exercises and games. Children will improve their concentration, discipline, and confidence and will have more respect for themselves and others by learning about dojo etiquette.</p>
<p>Soccer Grades: 1 - 6 Min/Max: 10/18</p>		<p>Kids will get to enjoy all of the fun of the soccer experience while developing the basic skills of dribbling, passing, trapping and team play. Both Indoor and Outdoor programs are offered to ensure that children can enjoy this sport throughout the year</p>
<p>Sports Pak Mini Grades: SK/JK Min/Max: 8/14</p>		<p>The SP Mini program has been designed to introduce SK children to various sports and activities with an emphasis on developing communication and motor skills. Each interactive session will help the kids grow in confidence.</p>
<p>Sports Pak Plus Grades: 1 – 6 Min/Max: 10/20</p>		<p>The SP Plus program provides children with the opportunity to participate in a variety of sports and games that introduce the basic elements of these activities while emphasizing team play and having FUN</p>
<p>Track & Field Grades: 1 – 6 Min/Max: 10/20</p>		<p>Kids will participate in a variety of Track and Field activities while learning the fundamentals for events including hurdles, javelin, long jump, discus, sprints and more. This finale for this program is a mini Olympics that allows the children to compete in the events that they performed throughout the session.</p>
<p>Ultimate Frisbee Grades: 4 – 6 Min/Max: 10/20</p>		<p>Kids will learn the rules and gameplay of Ultimate Frisbee in a safe, fun and engaging environment. Through Frisbee games and activities, kids will develop their speed and dexterity along with building their teamwork and communication skills.</p>
<p>Yoga for Kids Grades: 1 – 6 Min/Max: 8/14</p>		<p>This exciting program has been designed to give children the opportunity to have fun, relax, and increase body awareness. Using a simplified approach of games and exercises, kids learn how to harness their energy for improved mind-body synergy, self-esteem, and creativity.</p>