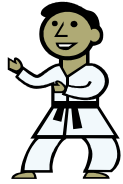


# AUGUST 2010 KIDS IN MOTION NFC SEVIERVILLE



950 Dolly Parton Pkwy Sevierville, TN 865-429-2400

Monday	Tuesday	Wednesday	Thursday	Friday
6:15 Karate <b>Kevin</b>	5:30 Tumble <b>Taylor</b> 6:15 Cheer <b>Taylor</b>	6:15 Karate <b>Kevin</b>	6:30 Recess <b>Naomi /Nathan</b> 7:00 Strong Kids <b>Naomi /Nathan</b>	*Please see a Fitness Consultant for more information about signing your child up for KIDS IN MOTION!
Don't forget that swim lesson are available year-round!			See the front desk for more information.	

## Cheerleading 101

(Basics of Cheerleading)

Break out those poms and pull back your hair! This is a class designed to teach girls AND boys the basics of cheerleading. In this class we will learn jumps, dances, cheers, and other basic skills involved with cheerleading.

## Tumble-Bears

(Level 1 - Gymnastics)

Tumble-Bears is an introduction to the competitive sports of cheerleading and gymnastics. In this class kids will learn the basic skills such as, forward rolls, cart-wheels, round offs, and back hand springs, while working in a safe, but fun-filled environment.

## Karate

This class is based on children's self defense. Children will learn the basics, while helping to build self esteem and give them a positive feeling to learn who they are and how to handle themselves. Proper attire is requested for this class (gi uniform available at the front desk). Children will also be able to test for specific belts when the instructor feels the child has met the requirements.

## Strong Kids

Kids will build strong bones and muscles in this class with resistance-training type exercises, such as crunches, push-ups, lunges, and squats. Less cardio and more focused, this class teaches kids muscle names and proper technique for executing specific exercises through circuit stations and group.

## Recess

Do you remember how much you had as a kid during school recess? Well, that is exactly what this class is all about- FUN! We will lead the children in a variety of games, ball sports, and other activities that keep them engaged and moving throughout the entire class. Our goal is to show kids that being active and healthy can also be a lot of fun at the same time!

