



## Programs offered

### KidzMotion Fitness (Ball Sports)

This class is about making exercises fun through games and exercise related activities. Each week children learn a new interactive game using parachutes and air lite floaters, tunnels, and obstacles, busy bee tag games, ball games etc. The goal of the class is to improve their overall motor coordination, concentration and teamwork abilities in a fun safe non-competitive environment.



### KidznMotion Senior Advanced sports and Games

This class is geared to older children, as we incorporate more advanced games such as Scooter hockey, team hand ball, 4 square elimination ball, team building games, and some of the classic sports. We strive to help children be better teammates, respect fellow players and understand the importance of fair play in sports.



### **Ball Hockey Grades 4 and up** (Limited to 14 Players)

We are excited to launch a new Ball Hockey program. It is designed to provide a safe and fun environment for kids to learn Ball hockey and develop physical literacy and love for the sport. Players will develop sportsmanship, build confidence, and make new friends, all in a fun safe environment. We Provide the ball hockey sticks, protective eye wear and 2 goalie equipment



### **Flag football**

Flag football offer kids an outlet to practice the sport they love without the risks associated with contact sports. Kids will learn drills for footwork, passing, catching and in game skills, in a fun teamwork environment. We provide the flags and balls.



## D.IY Projects

DIY is the abbreviation for **do-it-yourself**: this activity class consists making cool things out of everyday items we find around our houses. There are 4 possible projects as follows: wood working, soldering a LED project, Mini Robotics and 3D Pen Printing. Note that some materials will be supplied by us and some we will ask students to bring in. Also, this class is for older students because we will be using scissors, hot glue guns, Soldering pens, and 3D Pens. All crafts are safe and fully supervised.



### 3D Pen Projects

This activity class consists making cool things using the new technology of 3D pens. Children will learn how to use the 3D pens to create 2 and 3 dimensional creations based on their imagination. Classes start with the basic drawings then advance to 3d art creations. Note that materials will be supplied by us and we only use PLA plant-based plastic that are biodegradable and nontoxic. All crafts are safe and fully supervised, but the pens are based on the idea like hot glue guns and tips are warm. You child will be thrilled to bring their creations to life.





## **Futsal (indoor soccer) / Outdoor Soccer**

Futsal is a variant of soccer played on a hard court and mainly indoors with a smaller no bounce ball. It can be considered a version of five-a-side soccer (1 goalie 4 players). It is a fun fast game where kids learn to improve their team skills, passing and shooting. For Outdoor Soccer students will learn footwork, passing drills, and ball control. We strive to help build on skills that the students may already have learned through other soccer programs or help in developing skills for those that are new to the game.



## **Basketball**

Our program works on the players fundamentals such as passing, dribbling, shooting, rebounding positioning and so on. Students learn a variety of basic game skills and then build on them, through games and teamwork.



We can also design programs geared to your school needs from day care up to high school, please contact us for this option to further discuss your needs.

## Kidz Beginner Soldering and Woodburning programs

This is a fun beginner class for kids to learn the basics of circuitry. They will then use this knowledge to build anything from a basic LED clock to a mini robot. Woodburning classes are a fun way for kids to put their creative ideas on wood using basic burning/shading techniques. These classes involve using Soldering pens and are reserved for our older kids, all activities are fully supervised and all protective equipment is always used.

