

Building Champions

Little Champions

Little Champions teaches your 5-8 year old fundamental movement skills (running, jumping, hopping, skipping, cutting, throwing, and kicking) that are vital for a lifetime of activity, confidence, and injury prevention. Between the decrease of physical education and increase of technology, kids just don't move or play enough. Lack of physical activity robs them of the most critical age to develop these important fundamental movements. Studies show that lacking fundamental movement skills greatly decreases the chance of them playing a sport, or just playing in general because they're not confident movers. This also significantly increase their chance of being sedentary through adulthood. Little Champions is a 6-week program consisting six 60-minute sessions at \$110. Class size is limited, so contact Justin to sign up!



Let me help your child become physically confident today!

Ages 5-8: Wednesday, September 19-October 24

Time: 5:30-6:30pm

Location: Aim High Sport Complex, 7977 Centerline Dr, Dimondale, MI 48821

Trainer: Justin Patnoudé, BS, Grand Valley State University

Over 12 years of experience as a former master trainer at the Michigan Athletic Club, as well as working with multiple high schools across the state as a speed and agility coach.

Please email Justinpatnoudé@gmail.com to reserve your spot today!

