

FUNdamental Fitness

Mondays 3:45-4:30
in the Cultural Center
October 4th – November 22nd

VMS Children will have the chance to engage in purposeful play within a structured, organized environment. They will become confident movers with participation in fun, engaging, and developmentally appropriate activities. These opportunities help instill a lifelong love of movement and lead to healthy, active lifestyles. Children will participate in activities that promote the development of:

- Fundamental movement skills
 - Locomotor (running, skipping, hopping, galloping, etc.)
 - Object Control
 - Balance/stability
- Muscular endurance
- Body Awareness
- Coordination



Space is limited (up to 8) and on a first come first serve basis. Please make checks available to Alicia Rickords for **\$128**. Fee includes equipment and supplies. Payment options are available upon request.

NOTE: For those full day children who are not already enrolled in our after school childcare on a regular basis the following fee will apply if your child attends childcare before class:

*Childcare fees from 3:00-3:45 (\$8.50 x 6 hours): \$51
(payable to VMS if applicable)*