



Amazing Athletes®



Educational Sports Programs

Bethesda Country Day School

PLAY

BASKETBALL | HOCKEY
FOOTBALL | GOLF
VOLLEYBALL | BASEBALL
TENNIS | LACROSSE
SOCCER | TRACK + FIELD

LEARN

INTRODUCTION TO
NUTRITION
+
MUSCLE
IDENTIFICATION

PERFORM

BALANCING | RUNNING
CATCHING | JUMPING
THROWING | KICKING



WHO WE ARE

Educational sports and physical fitness program designed to empower preschoolers through positive movement experiences with a focus on meeting their motor-development milestones.

WHAT WE TEACH

- Basic Fundamentals of 10 SPORTS
- 6 Key Areas of Motor Development
- Confidence + Teamwork
- 2 Sports per Class
- Introduction to Muscles, Nutrition, and a Healthy Lifestyle

Classes:

2-3 years old Mondays 10:00am-10:30am

3-4 years old Mondays 10:45pm-11:15am

Season Dates:

October 18th-December 20 (no class November 15th and 22nd)

Price: \$144 for eight-week season

Registration information: How to Sign Up - Registration is taken at your school

During our in-person classes, we are committed to ensuring your child is safe and that we follow all state and federal guidelines. All coaches will be required to have staff orientation and will be provided with all PPE. Each child will have their own equipment and equipment will be disinfected in accordance with CDC guidelines.

Questions or concerns?

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