



Lil' Kickers & Skills Institute Fall Schedule



\$195.00+tax 13 Lil' Kickers classes

Once session has begun classes will be prorated

Sibling & LifeQuest membership discounts apply at checkout

\$221.00+tax 13 Skills Institute classes

Once session has begun classes will be prorated

Sibling & LifeQuest membership discounts apply at checkout

No Classes November 21-25

Enrollment or more Information...

Contact Amy Suss at

509 545-5191 or

amys@lifequestfitness.net

LifeQuestFitness.net

Choose a Day --
Choose a Class --

	Bunnies 18-24m Parent/Child	Thumpers 25-35m Parent/Child	Cottontails 2.5-3.5y Parent/Child	Hoppers 3-4y Beginners	Jackrabbits 3-4y Intermediate	Big Feet 5-6y Beginners	Micro 4/5 4-5y Intermediate	Micro 6/7 6-7y Intermediate	Skills 5/6 5-6y Intermediate	Skills 7/12 7-12y Intermediate
Tuesday		5:30p D	6:30p B	4:00p C 6:30p C	5:30p B	5:30p C	4:00p D	6:30p D	6:30p A	5:30p A
Friday			10:00a A	11:00a A						
Saturday	9:30a A	9:30a D	10:30a D	9:30a D	10:30a C	9:30a B	10:30a A	10:30a B	8:30a D	8:30a B

Come see the **DIFFERENCE** Lil' Kickers can make!

Bunnies

A fun, adult-interactive class for toddlers to help build physical skills, self-esteem and teamwork.

Thumpers

A fun, adult-interactive class that is more advanced than Bunnies that continues to build on fundamental skills.

Cottontails

Partially adult-interactive, Cottontails is designed as a transitional class for those children who are not yet ready to be on the field without their parent but need more of a challenge than Thumpers.

Hoppers

Beginning soccer class that uses creativity and fun to build fundamental soccer skills, teamwork and cooperation.

Jackrabbits

This transitional class is the next step after Hoppers classes. It is designed to improve fundamental skills and to prepare kids for Micro classes.

Big Feet

An introductory class for 5-6 year olds to help develop basic soccer skills.

Micro classes

Classes combine skill building games and drills with scrimmages to optimize learning in a non-competitive atmosphere. Classes are separated by age ranges.

Skills Institute

Intermediate soccer players starting at the age of 5 years old are ready for Skills Institute. Coaches take them through drills and on field scenarios. Players are equipped with learning their next step both on and off the field. Skills Institute is a fun and safe environment where training and confidence go hand in hand.

September 12- December 16