



Lil' Kickers & Skills Institute Winter Schedule



\$120.00+tax 8 Lil' Kickers classes

Once session has begun classes will be prorated

Sibling & LifeQuest membership discounts apply at checkout

\$136.00+tax 8 Skills Institute classes

Once session has begun classes will be prorated

Sibling & LifeQuest membership discounts apply at checkout

Enrollment or more Information...

Contact Amy Suss at

509 545-5191

Amys@lifequestfitness.net

LifeQuestFitness.net/soccer-house

Choose a Day --
Choose a Class --

Tuesday
Wednesday
Friday
Saturday

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

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

<u>Bunnies</u>	<u>Thumpers</u>	<u>Cottontails</u>	<u>Hoppers</u>	<u>Jackrabbits</u>	<u>Big Feet</u>	<u>Micro classes</u>	<u>Skills Institute</u>
A fun, adult-interactive class for toddlers to help build physical skills, self-esteem and teamwork.	A fun, adult-interactive class that is more advanced than Bunnies that continues to build on fundamental skills.	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.	Beginning soccer class that uses creativity and fun to build fundamental soccer skills, teamwork and cooperation.	This transitional class is the next step after Hoppers classes. It is designed to improve fundamental skills and to prepare kids for Micro classes.	An introductory class for 5-6 year olds to help develop basic soccer skills.	Classes combine skill building games and drills with scrimmages to optimize learning in a non-competitive atmosphere. Classes are separated by age ranges.	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.

January 2--Febuary 24th 2018