



# Lil' Kickers & Skills Institute Winter 2 Schedule



**\$168.00+tax 12 Lil' Kickers classes**

Once session has begun classes will be prorated  
 Sibling & LifeQuest membership discounts apply at checkout

**\$180.00+tax 12 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 or

[amys@lifequestfitness.net](mailto:amys@lifequestfitness.net)

LifeQuestFitness.net

Choose a Day --  
 Choose a Class --

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

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

<b>Bunnies</b>	<b>Thumpers</b>	<b>Cottontails</b>	<b>Hoppers</b>	<b>Jackrabbits</b>	<b>Big Feet</b>	<b>Micro classes</b>	<b>Skills Institute</b>
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 8th - March 30th**