



As we introduce children to the world of sports, we are also developing their listening skills, cooperation and perseverance in a fun, nurturing and safe environment. Children will learn to use the equipment properly, while having fun and learning the whole time. Above all, we want the kids to have fun in a non-competitive environment and have an experience they will never forget!

FALL SESSION: September 10th – October 15th

Tot Football is a great way to teach preschoolers, not only the basic skills needed in football - it is a great way to work on their listening skills, cooperation and sportsmanship. Because of their age and the inherent roughness of football, this is a skills class, with no actual games being played.



Day and Times: Saturdays, 12pm – 1pm

Skills Taught:

Stances / Form Tackling
 Passing / Receiving
 Defense / Pursuing
 Running with the football

Skills learned are:

Taking turns
 Forming lines
 Completing tasks
 Following directions

In **Tot Soccer** students will begin with 20 minutes of drills and foot skills, learn how to line up on the field, where in and out of bounds are and play actual soccer games. Age appropriate safety equipment is used and basic ground rules are set for the children and parents so that everyone enjoys their time while participating. Size 3 soccer balls will be used in class.

Day and Times: Saturdays, 9:30am – 10:30am

Additional intellectual and social skills/tools to be developed:

Listening
 Following Directions

Forming Lines
 Taking Turns

Confidence and Self Esteem
 Building

The focus of the **Tot Cheerleading** program is to introduce the younger children, ages 3 - 5, to the basics of sideline cheer in a fun and safe environment.

Day and Times: Saturdays, 11:30am – 12:15pm **Classes run for 45 minutes each week, for five (5) weeks per session.**

Participants will learn the following:

Fundamentals of Stretching
 Motions / Motion placement
 Voice Projection

Jumps
 Teamwork
 Following Directions

Pom-poms will be provided for class. If your daughter is in Kindergarten, go to the Youth Cheerleading page.



All registrations should be made through: www.preschoolsports.org

Classes are designed for ages 3-6, run for 60 minutes each week, for five (5) weeks per session.

REGISTRATION FEE: \$65 per child, per session (Fee includes T-shirt). A **\$5 discount** for two (2) or more children in the same family is \$5 per child. **LATE FEE:** \$5.00 will be charged for payments received later than 7 days before 1st class.

In unexpected instances where there are less than 10 tots enrolled in a time slot, classes may be combined. Parents will be contacted and notified at the close of Open Enrollment if this issue arises.

All Sessions will be held at: Blesser Park, 32800 Electric Blvd, Avon Lake (Grass area by ALPS playground)

***Parking is available at the following locations:**

Blesser Park / North off Lake Rd or South of Electric Blvd.; Ellen Trivanovich Aquatic Center; Avon Lake United Church of Christ