

# **WE GOT GAME FITNESS**

**Where: Woodsboro/New Midway Elementary TBD**

**Who: This program is open to anyone in all surrounding areas age 4-8**

**When: Starts Wednesday Jan 10<sup>th</sup>**

**\*Wednesdays 5:00-5:55pm for 4-5yo**

**\*Wednesdays 6:10-7:00pm for 6-8yo**

**Length: The program will offer six sessions, one per week.**

**Cost: \$37 includes T-shirt; \$30 no T-shirt**

**Sign up: [www.wnmrcsports.com](http://www.wnmrcsports.com)**

## **what**

**We Got Game Fitness will offer a fun learning environment that will introduce young athletes to the following through drills and games:**

**\*Agility**

**\*Balance**

**\*Hand-eye and Foot-eye coordination**

**\*Athletic movement including plyometrics**

**\*Sportsmanship**

