

FOR YOUNG CHILDREN, ACTIVE FITNESS DOES SO MUCH
MORE THAN MAKE THEM STRONG!
IT ENRICHES THEIR LIVES!
ESPECIALLY WHEN IT'S SO MUCH FUN!!!

INTRODUCING LET'S GROW FIT!

STARTING FRIDAY MORNINGS THIS FALL RIGHT HERE AT SCHOOL!



LET'S GROW FIT delivers sports & movement-based enrichment programs that blend fitness, fun & foundational developmental skills for young children. Through playful sports instruction, group games and confident coaching, we help kids grow in every way – physically, cognitively, emotionally & socially.

- **LET'S GROW SMART:** Physical activity has been shown to enhance memory, executive function & academic readiness. We use games, rhythm and sports skills to light up the brain and build school-ready habits!
- **LET'S GROW CONFIDENT:** Every skill mastered is a moment of pride – builds resilience, self-esteem & a sense of accomplishment! We cheer all wins!
- **LET'S GROW COMMUNICATIVE:** Listening, following directions and speaking up – our classes foster the language & social skills kids need to thrive in school & beyond!
- **LET'S GROW FUN: Fun isn't a bonus ... it's the foundation.** Our programs are bursting with laughter, giggles high-fives and “LET'S GOOOOOOO!” moments. When kids are having fun, they're learning, connecting & growing!

WHO'S READY TO GO & GROW FIT AT XXXX ON FRIDAY MORNINGS?!!