



Brrrr... It's Cold Outside!

You can still have fun indoors with PSA Preschool Sports Academy!



CLASS DESCRIPTIONS

All Sports: This class is designed to offer a variety of sports and games in a fun and exciting learning environment. Each week your child will focus on one sport and play games that focus on developing motor, social, and basic sport(s) skills. So get ready to SCORE and HAVE FUN!

Age Group	Mon	Tue	Wed	Thu	Fri
Rookies 30 mins				10:30a	
MVP 45 mins		11:15a			
AllStar 45 mins		11:15a			1:00p

Soccer: Does your little one like to run and kick? If so, then soccer may be the perfect beginner sport for them. Our class will teach how to dribble, pass, shoot and play a real game of soccer. Each week they will focus on different aspects of the sport to help further develop their skills while still having FUN!

Age Group	Mon	Tue	Wed	Thu	Fri
MVP 45 mins.				11:15a	
AllStar 45 mins.	11:00a				

TBall: PSA wants to help mold your youngster into a future Texas Ranger! Our program is designed for our first-timers who show an interest in the sport. Players will learn all the basics -- throwing, hitting, and catching through a variety of games and activities.

Age Group	Mon	Tue	Wed	Thu	Fri
MVP 45 mins.				1:15p	
AllStar 45 mins.	1:00p				

Basketball: Let's shoot some Hoops, and if you can't we'll teach you how. This introductory class will help your preschooler learn the basics of dribbling, shooting, and passing using fun drills and games to help them learn the game of basketball.

Age Group	Mon	Tue	Wed	Thu	Fri
MVP 45 mins.		1:15p			
AllStar 45 mins.		1:15p			

PSA offers indoor sports classes for boys and girls age 2 years to PreK-5. These classes are a great way to work on skills, learn a new sport or gear up for an upcoming season.

Sign up for 1, 2 or a group!

Rookies: This class is created for our youngest athlete ages 2 years and their parent(s). Class time allows them a chance to be active and socialize with others their age. Parent participation is required for this age group.

*Below are introductory classes created for new or first-time player(s). These programs are designed to enhance gross motor skills, work with other children in a group setting, listen and follow directions while learning basic sport skills.

MVP Classes: These classes are for 3-4 year-olds with or without experience in a particular sport. Emphasis will be on physical activity, basic skills, and team involvement. *Parent participation is sometimes required.*

All Star Classes: These classes are for 4-5 year olds with or without experience in a particular sport. Emphasis will be on physical activity, more advanced skills and team involvement.

Cost \$55.00 for 5 Wk Session
All classes are held at PSA1!
Classes begin the week of
January 6, 2014

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