 www.theplayersedge.org Scott Colombo 412-417-6185

**The Player’s Edge Learn2Play Lil Tots Program**

**2 sessions a week –Tuesdays-Thursdays September 1st - October 1st**

**Southpointe Courthouse**

**First Session Boys and Girls ages 3 and 4 year olds – 10-10:50 am**

**Second Session Boys and Girls ages 5 and 6 year olds – 11 – 12 noon**

Cost is $80.00 Siblings 2: $150.00 Siblings 3: $220.00 Siblings 4: $290.00

Individual Sessions $25.00/ session

5 areas of Development with Sports Exploration built into the program. Teaching youngsters these five components making sure the sessions are fun and full of exploration.

1. **Warm up**

Using functional movements (running) and exploring movements such as bear crawls, skipping and learning to prepare the body for fitness and sport participation

2. **Object movement**

Explore the use of balls and other objects catching a ball; bouncing a ball; shooting balls into a target

3. **Motor Coordination**

Exploring arm and leg movements and how they can work to improve movement

4. **Strength and movement**

Body weight movements such as proper squatting techniques

5. **Game Exploration**

Teaching teamwork, sportsmanship and rules of play to allow kids to explore different games.

The Player’s Edge Lil Tots Program’s mission is to assist and help drive the curiosity of movement and with that movement some exposure into games, and sportsmanship. Questions regarding this program please contact us on the website – [www.theplayersedge.org](http://www.theplayersedge.org) or Scott Colombo at 412-417-6185