



YOUTH SPORTS CLASSES

LITTLE BEANS CAFE

SPRING 2018 • APRIL 9 - JUNE 8



TOT MOVEMENT & TUMBLING

Your child's physical, mental, emotional and social skills will develop through this fun and challenging class. Children are introduced to age-appropriate exercises specifically designed for balance and coordination of their large muscle groups. Through basic gymnastics and movement, participants experience their world in a whole new way and begin to understand how their bodies work. Wear loose fitting clothing, gym shoes and be prepared to have tons of fun!

Ages 2-4

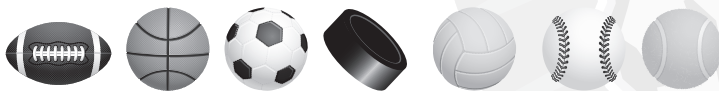
THURSDAY 4/12-6/7 10:45-11:30A 9 WEEKS **FEE: \$135**

PARENT TOT SPORTS

Parents play an integral part in helping their tots develop basic sports movement and motor skills. Motor skills activities focus on hand-eye and hand-foot coordination. Sports equipment and instruction are provided to help guide your child through an introduction to organized sports. **Parent or caregiver participation is required.**

Ages 2-4

TUESDAY 4/10-6/5 11:45A-12:15P 9 WEEKS **FEE: \$135**
FRIDAY 4/13-6/8 11:15A-12:00P 9 WEEKS **FEE: \$135**



LIL' DRIBBLERS

Children are introduced to the game of basketball in a safe, fun and exciting environment. Our curriculum use age appropriate activities and games specifically designed to increase balance, body awareness, motor skills, and hand eye coordination. The Lil' Dribblers program includes exclusively designed equipment tailored to enhance the basketball experience for each participant. As children progress through the program they acquire listening skills and have a fun introduction to following directions.

Ages 3-5

TUESDAY 4/10-6/5 11:30A-12:15P 9 WEEKS **FEE: \$135**



SPORTS AND MORE

Children are introduced to the fundamentals of such sports as basketball, floor hockey, football, kickball, soccer, t-ball and other group games. The program provides an opportunity for each child to develop motor skills and nurture his/her growth socially and emotionally through teamwork and good sportsmanship.

Ages 3-5

MONDAY 4/9-6/4 11:00-11:45A 9 WEEKS **FEE: \$135**

FLOOR HOCKEY

Have your kid's first hockey experience be a blast! To ensure a safe environment, Pee Wee hockey players will play with pillow polo sticks, which have a soft-cushion end. Participants learn the basics of the game and experience the thrills of being a hockey player!

Ages 3-5

WEDNESDAY 4/11-6/6 11:15A-12:00P 9 WEEKS **FEE: \$135**

DODGEBALL LEAGUE

This league provides participants with an opportunity to play the popular game in a safe and supervised environment. The program uses super soft balls and safety is stressed during game play. Each week players learn new variations of the game, keeping class fresh and the kids having fun. Time limits are placed on all games so participants do not sit out too long and remain active throughout the class.

Ages 8-11

MONDAY 4/9-6/4 5:30-6:45P 9 WEEKS **FEE: \$135**

BASKETBALL SKILLS 1

Get a head start on developing essential basketball skills such as shooting, dribbling and passing, along with the basic rules of the game. Each class includes Hot Shots Sports instruction as well as structured games. This class is for the basketball beginner looking to understand the game, learn new skills, and have a ball!

Ages 6-9

WEDNESDAY 4/11-6/6 6:00-6:50P 9 WEEKS **FEE: \$135**



LITTLE BEANS CAFE

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Register online at hss.siplay.com or hotshots4kids.com

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