



# VIRTUAL SPORTS CLASSES

REGISTER AT [HSS.SPORTSSIGNUP.COM](https://hss.sportssignup.com)  
Classes will use Zoom. Class link will be emailed the day before the first class. Each 4-week session is \$40.

## TOT SPORTS CLASSES: AGES 3-6

### Sports and More (Ages 3-6)

Children will be introduced to the fundamentals of sports including basketball, soccer, and t-ball. Class will be active and fun, with games and challenges working on balancing, jumping, and movement.

**Tuesdays 7/28, 8/4, 8/11, 8/18**  
**3:00-3:30PM**

Equipment needed:

Basketball, Soccer Ball, Baseball, Multi-purpose ball (varies each week), 4-6 Place Markers



### Pee Wee Soccer (Ages 3-6)

This class is designed to increase balance, body awareness, motor skills, and make soccer fun. Players will work on ball touches and controlling the ball. Class will work on balance and movements through games and challenges.

**Wednesdays 7/29, 8/5, 8/12, 8/19**  
**1:15-1:45PM**

Equipment needed:

4-6 Place Markers, Soccer Ball



### Lil' Dribblers (Ages 3-6)

The Lil' Dribblers Basketball program will focus on training balance, body awareness, motor skills, hand eye coordination, and the ability to follow directions. Dribbling skills will be developed as well as body positioning on offense and defense.

**Thursdays 7/30, 8/6, 8/13, 8/20**  
**12:45-1:15PM**

Equipment needed:

4-6 Place Markers, Basketball, Tall Cone or Flat Cone



## YOUTH SPORTS CLASSES: AGES 6-13

### Total Sports (Ages 6-9)

Children will be introduced to the fundamentals of sports including basketball, soccer, and t-ball. Class will be active and fun, with games and challenges working on balancing, jumping, and movement.

**Mondays 7/27, 8/3, 8/10, 8/17**  
**3:00-3:30 PM**

Equipment needed:

Basketball, Soccer Ball, Baseball, Multi-purpose ball (varies each week), 4-6 Place Markers

### Fitness, Speed & Agility (Ages 7-11)

Class is designed to improve overall coordination and athleticism. Drills and activities are aimed to improve speed, endurance, explosiveness & reaction time.

**Mondays 7/27, 8/3, 8/10, 8/17**  
**4:00-4:30PM**

Equipment needed:

4-6 Place Markers, Ball (any kind)

### Soccer and Games (Ages 5-8)

Players are introduced to the fundamentals of soccer such as foot skills, offensive moves, defensive moves, and keeping/controlling the ball. Fun games will be played to reinforce these skills and keep the children active!



**Wednesdays 7/29, 8/5, 8/12, 8/19**  
**4:15-4:45PM**

Equipment needed:

4-6 Place Markers, Soccer Ball

### Basketball Ball Handling & Footwork (Ages 7-11)

Players will focus on ball handling drills using both one and two basketballs, as well as beating a defender off the dribble. Footwork will be emphasized through both offensive and defensive positioning drills.

**Thursdays 7/30, 8/6, 8/13, 8/20**  
**4:00-4:30PM**

Equipment needed:

2 Basketballs,  
4-6 Place Markers



### Advanced Basketball Skills (Ages 9-13)

Work on individual skills and improve on ball handling, footwork and conditioning. This class is for the more advanced player that has already developed some fundamental skills.

**Mondays 7/27, 8/3, 8/10, 8/17**  
**4:45-5:15PM**

Equipment needed:

4-6 Place Markers, 2 Basketballs

For more information, email [anna@hotshots4kids.com](mailto:anna@hotshots4kids.com) or call 773-440-4332

