



SUPER SATURDAY Program

10am-2pm

Super Saturday has been revamped by changing the goals of our Saturday Program for children. While sports will always be the foundation, healthy eating, fitness and broad exposure to a variety of activities is important. The activities have been designed for children 6-13 years old.

We have accomplished this by redesigning it as follows:

1. An exposure to fitness and exercise as a warmup for the day
2. An exposure to athletic activities that will broad their experience
3. The selection of a sport to intensively concentrate on.
4. Offering a healthy lunch
5. Teaching the defensive arts, including boxing, simple MMA, karate, and EPRO.

All our sports are taught by experienced athletes would have been trained and schooled in their area of expertise.

Super Saturday Schedule

Fitness	30 Minutes
Swimming	30 Minutes
Choice of Basketball/Soccer	90 Minutes
Nutritionally Designed Healthy Lunch	30 Minutes
Self Defense Boxing & MMA	30 Minutes

Winter Session **Jan. 10 -Feb 21**

Spring Session I **March 7- April 18**

Spring II Session **May 2- June 13**

7 Week Program including Lunch and a Super Saturday T-Shirt \$295

For more information, call 718-209-1010 ext 151