

BONNY SLOPE ELEMENTARY







Tuesdays | January 6th - March 31st | Ages 7-9 | 2:30-3:30 PM

Meeting Point: Your child will meet their coach in the gym immediately after school.

- Our multi-sports program provides children of all skill levels with the opportunity to learn the basics of various sports through interactive, age-appropriate activities each week
- A fun way for kids to build confidence, improve coordination, & enjoy active play in a noncompetitive environment!
- Every child gets equipment & every child plays.
- Kids will laugh, play, develop, & learn through our sports-powered physical education classes.
- Let's build confidence together-come play with us!

OUR 4-CORE KINETICS

Kinetics is like having a superpower that makes your body and brain work together. Kidokinetics helps kids unlock their 4-Core Kinetics & gain valuable life skills:

	TEAM KINETICS	Make friends, learn teamwork, & build social skills.
Q	Emotion Kinetics	Recognize emotions, handle
		stress, & practice empathy.
(HĚ)	BODY KINETICS	Get stronger, move faster, & stay
		healthy.
2	BRAIN KINETICS	Solve problems, think creatively,
		and build confidence.

Come join us for our F.U.N class, where we teach Fundamental sports skills in an Understandable and Non-competitive way!



QUESTIONS: bdupont@kidokinetics.com 971-205-5356



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