

# Amazing<sup>®</sup>athletes

## Educational Sports Programs

Empowering children through sports to develop personal confidence and inspire active futures.

### PLAY



### LEARN

INTRODUCTION TO NUTRITION + MUSCLE IDENTIFICATION

### PERFORM

BALANCING  
CATCHING  
THROWING  
RUNNING  
JUMPING  
KICKING



AGES 2.5 - 6 YRS

CLASS  
OVERVIEW

Warm-Up  
Stretching  
Mr. Ladder



Active Education



Active Sport



Patient Sport



Cool Down



Kawaiaha'o Church Preschool  
Only \$60 a month | Every Tuesday  
Starts 2:30 pm, Sept 6, 2022 | 30 min  
Enroll online at  
[www.amazingathletes.com/oahu](http://www.amazingathletes.com/oahu)

Contact: Coach Sam, 808-753-5470

Email: [oahu@amazingathletes.com](mailto:oahu@amazingathletes.com)

SCAN HERE  
TO ENROLL

