

Kids Fitness



**Begins Sep 17, 2010
& Will Meet For 7 Fridays**

Time: 4:30pm – 5:30pm

Fee: \$55 for members

\$65 for non members

Parents and schools have been trying to help kids become more active, but with limited success. Children are more inactive today, than ever before. Television and video games have replaced running and playing outdoors. This class involves complete fitness training geared to today's youth. This class will stress overall fitness in a fun way kids will enjoy. Our goal is to build self-esteem and give kids a sense of accomplishment and success.

The session will include:

- Games involving a soccer ball
- Drills with circles and cones
- Running exercises
- General Endurance
- Flexibility
- Balance
- Speed

Youth Endurance Training For Children Ages 6-12

FUN, FUN, FUN



Instructor: Kamel Ayari

Kamel Ayari is *USSF & NSCAA* Certified Soccer Coach
USSF licenses "F", "E" & National "D", *NSCAA* Advanced Regional Diploma, A Diploma in Fitness & Nutrition, Professional Wheelchair Sports Athlete.

**Registration begins
Friday Aug 6, 2010**

**Register online (Current
members of the New
Rochelle YMCA)**

www.nrymca.org

**For further information
please contact Kamel Ayari**

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