

Kids Fitness



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

FUN, FUN, FUN



**Begins March 5, 2010
& Will Meet For 7 Fridays**

Time: 4:30pm – 5:30pm

Fee: \$55 for members

\$65 for non members

Youth Endurance Training For Children Ages 6-12

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 Feb 12, 2010**

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

www.nrymca.org

**For further information
please contact Kamel Ayari**

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www.ayarisoccer.com