



**STARTING: 10/17/2017**

# Fun Movement and Strength Foundation for Kids

## **Offered for Kids K-3<sup>rd</sup> Grade After School Program**

6 week program offered one day a week.

Tuesdays from 2:20pm-3:20pm

Cost: \$65 per child.

Each child will receive a sports pack.

### **BIO:**

**Andrew is CSCS, USAW, and FMS** certified strength and conditioning coach and recently became an EMT. He was the strength and conditioning coach at Portland State University from 2010-2016 and is currently working with High school athletes/teams in Vancouver, Washington. He also provides personal training at Villa sport and to clients through his own company Pompei Lift.

**Kathryn is a YES (Youth Exercise Specialist) instructor.** She is a former pediatric Dental Assistant, working with children has always been a passion. She attended Portland State College and holds a Bachelor's of Science. She currently works at a gym and helps run Pompei Lift.

**K-3<sup>rd</sup> Grade!!**

Do you have a child/children that love to run, climb, jump, and play sports?

Provides the chance for your children to build a foundation for future success in athletics

fun one hour class that focuses on building a child's confidence, speed, agility, proper movement patterns, and strength we invite you to open the door to your child's ability to grow their passion for athletics

