



Strength & Movement

Grades K - 3

This 6-8 week after-school enrichment class is perfect for developing young athletes, supplementing the mere 30-60 min/week of P.E. your child gets, or just giving your kid a chance to get some energy out after school. The focus will be on strength, agility, balance, & movement quality.

EDY RIDGE - Mondays 2:20 - 3:20 pm

HOPKINS - Tuesdays 2:20 - 3:20 pm

MIDDLETON - Thursdays 2:20 - 3:20 pm

ARCHER GLEN - Fridays 2:20 - 3:20 pm

Begins 2nd week in January
register at www.pompeilift.com



POMPEI LIFT



Strength & Movement

Grades K - 3

This 6-8 week after-school enrichment class is perfect for developing young athletes, supplementing the mere 30-60 min/week of P.E. your child gets, or just giving your kid a chance to get some energy out after school. The focus will be on strength, agility, balance, & movement quality.

EDY RIDGE - Mondays 2:20 - 3:20 pm

HOPKINS - Tuesdays 2:20 - 3:20 pm

MIDDLETON - Thursdays 2:20 - 3:20 pm

ARCHER GLEN - Fridays 2:20 - 3:20 pm

Begins 2nd week in January
register at www.pompeilift.com



POMPEI LIFT

Urna Semper
1234 Main Street
Anytown, State ZIP



Trenz Pruca
4321 First Street
Anytown, State ZIP

Urna Semper
1234 Main Street
Anytown, State ZIP



Trenz Pruca
4321 First Street
Anytown, State ZIP