SKYHAWKS SPORTS ACADEMY * ZOOM

The Academy, in conjunction with NF Parks and Rec, is offering virtual programs for families seeking opportunities to keep their kids active and learning this fall! Enthusiastic instructors provide children with a variety of activities and fitness development exercises and games.

- All classes are via ZOOM – links will be sent to participants prior to the class start date. A list of equipment/materials needed will be included.
- Through exciting games and activities, children can explore balance, coordination and endurance at their own pace. Skyhawk programs focus on encouragement, fitness and active lifestyles.

STEM MULTI SPORT – Age 7-12 Explores the science and engineering behind sports. Activities vary and instructors will use hands-on learning to instill curiosity, explore energy transfer in sports, and review design challenges of speed and technology. ACT # 110113 -01, -02

SOCCER SKILLS- Age 6-12 A perfect mix of game-based exercises and skill practice to promote agility and improve fundamental soccer skills. Ball control, dribbling, and shooting movements will be the focus.

ACT # 110114-01

PHYS ED FUN- Age 6-12 This class will offer children a wide variety of activities that involve locomotor, manipulative skills and fitness development exercises.

ACT#- 110115 -01, -02

HOOPSTER TOTS- Age 3-5 Learning basketball has never been more fun! This class brings games and lessons to your living room. Expect a dynamic warm-up, stretching practices, and fun activities for the family to play!

ACT#110116-01

NF PARKS AND REC  203-312-5633 or parksandrec.newfairfield.org