



Classes comprised of drills to improve:

- + hand-eye coordination
- + reaction time
- + speed
- + agility
- + **confidence**

★ Taught by certified instructors, guest coaches, and collegiate athletes.

★ 45 minute class once per week—4 month sessions-----Ages 3 & up

★ These skills cross over **ALL sports!** Hone your skills here for more results on the field or court! Individual progress is tracked throughout the session for your sense of accomplishment.

★ Obstacle courses and circuits happen every class.

★ Kids who don't thrive in the pressure or judgement of teams, but need the skills to play well, will **LOVE** this format!

We will drill, drill, drill for muscle memory and technique through fun games and high energy encouragement. It's so much fun the kids won't realize they are working so hard!

3-5 year olds: Monday 3:45-4:30 pm

6-9 year olds: Monday 4:30-5:15 pm

Wednesday 4:30-5:15 pm

Thursday 5:45-6:30 pm-----all ages welcome/ Full Team time

10 years & up: Thursday 7:00-7:45 pm

**Only \$50 per month!** All equipment provided! Sessions are Sept-Dec and Jan-April.

+++++ Winter session ends with **GYM DAY** to be held at a local gymnasium in December.

+++++ Spring session ends with a **FIELD DAY** to be held at a local ball field in April.

No extra charge for Gym or Field days.

---

***SIGN UP TODAY and BRING A FRIEND!***

***Team plans/discounts available. Just ask!***

**[WWW.NANSDANCE.COM](http://WWW.NANSDANCE.COM)**

**336-288-6141**

**JON@NANSDANCE.COM**

