Developmental Steps Sports Classes













Fun Active Fitness Class

Girls & Boys Ages 2 to 3

\$125 for five 30-minute classes. \$30 drop-in rate: FRIDAYS 2-2:30PM 272 N. BEDFORD RD MT. KISCO

Focus on:

- ✓ Core stability
- ✓ Coordination and balance
- ✓ Sports Skills Fundamentals
- ✓ Obstacle Course Fun!

Girls & Boys Ages 5 to 7 \$150 for six 30-minute classes, \$30 drop-in rate:

\$150 for six 30-minute classes, \$30 drop-in rate: MONDAYS 4:30-5:00PM 272 N. BEDFORD RD MT. KISCO

Focus on:

- ✓ Sports Specific Drills
- ✓ Core Stability
- ✓ Coordination and balance
- ✓ Nutritional Awareness



















To register: developmentalsteps.com/my-first-sports-class