

**Velocity Sports Performance**



# 1st Step Program

**AGES 3 TO 5 YEARS OLD**

**THURSDAYS**

**1PM – 1:45PM**

**\$80/8 classes**

**This exciting and fun-filled program will help teach your son/daughter the building blocks of athleticism. The 1st Step Program will allow your child to take part in a dynamic group program with sports performance coaches. We will help improve coordination, flexibility, motor skills, speed & running mechanics, cooperation, social skills and much, much more.**

**This 8-week program begins on Thursday, January 12th, 2012 and ends on Thursday, March 1st, 2012.**

**To register for this program, or for more information, please contact Devon Ramella at (610)973-1550 or [dramella@velocitysp](mailto:dramella@velocitysp).**