

VIRTUAL CLASSES



Youth Sports Classes taught by Hot Shots Sports Staff. Keep active and learning while at home. Each sport session includes three-30 minute classes for a registration fee of \$24. A link to the virtual class will be sent before the start of class from Hot Shots Sports.

**Register online at bartlettparks.org or via email registration@bartlettparks.org
#wecreatefuneverywhere**

Sports and More Ages

Children will be introduced to the fundamentals of sports, including basketball, soccer, and t-ball. The class will be active and fun, with games and challenges working on balancing, jumping, and movement. **(JH)**

Equipment needed: Basketball, Soccer Ball, Baseball, Multi-purpose ball (varies each week), 4-6 Place Markers

Age: 3-6 [3 Classes]

ID# 50512-10 May 12-26 Tu 10:30-11am \$24

Baseball 101

This class gives players an introduction to baseball through drills to enhance technique and form. Children will learn throwing mechanics, batting stance, bat positioning, fielding, and positioning for fly balls. Physical endurance and fitness will also be emphasized. **(JH)**

Equipment needed: Baseball Glove, 1-5 Baseballs, 1-5 Softer balls (socks rolled up would work!),

Tee (or waist-high surface, be creative to find something to mimic a tee), Bat (rolled-up magazine or longer wrapping paper tube), 4-6 Place Markers, Flat base (can cut one out of cardboard!)

Age: 7-11 [3 Classes]

ID# 50512-11 May 12-26 Tu 4-4:30pm \$24

Pee Wee Soccer

This class is designed to increase balance, body awareness, motor skills, and make soccer fun. Players will work on ball touches and controlling the ball. The class will work on balance and movements through games and challenges. **(JH)**

Equipment needed: Soccer Ball, 4-6 Place Markers

Age: 3-6 [3 Classes]

ID# 50512-12 May 13-27 W 1-1:30pm \$24

Soccer 101

Players are introduced to the fundamentals of soccer, such as foot skills, offensive moves, defensive moves, and keeping/controlling the ball. Physical endurance and fitness are emphasized while touching the ball. **(JH)**

Equipment needed: Soccer Ball, 4-6 Place Markers

Age: 7-11 [3 Classes]

ID# 50512-13 May 13-27 W 4-4:30pm \$24

Lil' Dribblers

The Lil' Dribblers Basketball program will focus on training balance, body awareness, motor skills, hand-eye coordination, and the ability to follow directions. Dribbling skills will be developed as well as body positioning on offense and defense. **(JH)**

Equipment needed: Basketball, 4-6 Place Markers, Tall Cone and flat cone (or something to simulate these)

Age: 3-6 [3 Classes]

ID# 50512-14 May 14-28 Th 1-1:30pm \$24

Basketball Ball Handling and Footwork

Players will focus on ball handling drills using both one and two basketballs, as well as beating a defender off the dribble. Footwork will be emphasized through both offensive and defensive positioning drills. **(JH)**

Equipment needed: 2 Basketballs, 4-6 Place Markers

Age: 7-11 [3 Classes]

ID# 50512-15 May 14-28 Th 4-4:30pm \$24

