

ELEMENTARY GYM

K-4th Grades



A fun, active class where students learn sports skills, play games, and are introduced to healthy habits. Students will build confidence, coordination, teamwork, and a love of movement!

Meet the Instructor

Heather Strefling: 269-350-0132

strefhome@gmail.com

Heather graduated with a BA in Science and a Doctorate of Physical Therapy from GVSU. Her family has been a part of Classical Conversations for six years and she was a tutor for four years. She has been involved in sports since she was three years old and understands the importance of children having positive, encouraging, healthy coaches in their lives. Her daughter, Naomi (13) and Zoe (11) will also be helpers in the class. Her family is very involved with their church, City Gate, in Portage.



What to Expect

9:55-10:15

Welcome, Warm-Up & Health/Anatomy Lesson:
Dynamic stretches plus a kid-friendly introduction to anatomy, healthy habits, and how our bodies move.

10:15-10:45

Skill Development:
Practice fundamentals in basketball, soccer, volleyball, gymnastics, pickleball, and track & field, building coordination, confidence, and teamwork.

10:45-11:15

Fun Movement Games:
Build stamina, practice skills, encourage teamwork, listening skills, and sportsmanship.

End class with cool down & stretches.

Fees

\$350 Tuition (can be split into \$175/semester) + \$50 Non-refundable materials fee.
LAMP accepted (contact for details).

