



# ***MIGHTY MOVERS***

**Instructors:** Jaime Rogers and Sari Wright

**Second half of 2nd Period (40 mins):** 9:35-11:15

**Ages:** 5-8 years

**Email:** jaimerogers714@gmail.com,  
sarilwright@gmail.com

Mighty Movers is an intentional time in they gym for students to move their bodies with large and fine motor movements. The class will incorporate traditional group games such as "red rover" and "ships across the ocean," as well as sports, exercise, and . Each week, students will learn what it means to make healthy choices for their bodies, explore new ways to move and play with friends, and develop important skills such as listening to instructions and working as a team.

## ***ABOUT THE TUTORS***

Hi, I'm Sari Wright. I am a homeschool mom to three kids of my own, ages 8, 6, and 4 years old. I have always had a love for teaching, and am passionate about learning through play. I went to school at University of Northwestern St. Paul and began a degree in Communication Arts and Literature Education before becoming a mom. I have become very passionate about holding space for the early years of childhood to be a time of play and discovery, and to make physical activity a large part of my children's daily lives. I'm excited to work with you to develop skills for your child that will stay with them for many years.

Hi, my name is Jaime Rogers. I'm a homeschool mom to four amazing girls whom I've had the privilege of homeschooling for the past 7 years. I'm married to my best friend of 22 years. When I'm not doing laundry or homeschooling I love hanging out with family, listening to worship music, drinking coffee and watching movies. I have noticed that my kids benefit from being physically active, and incorporating movement into our weekly routine has become very important to me and my family.

## ***IMPORTANT DETAILS***

**PAYMENT:** Supply fee is due by mail or digitally by August 31. Tuition payments are due in full by September 7, 2022 unless following the payment plan. Please let us know if you would like to follow the payment plan, in which case full payment is due November 30, 2022. If you would like to discuss alternative payment, you may email us using the emails listed above. A late fee of \$10 will be applied to late payments. We accept Cash, Check, Paypal and Venmo.

**LAMP:** We do accept LAMP payments. LAMP will cover class tuition only. This means that families will be expected to pay the \$40 supply fee. If LAMP is unable to pay the full amount, or if there are missed payments, families will be expected to pay those within one month of the missed payment. LAMP payments will be \$22.22/ month for 9 months.

## ***TUITION: \$200***

- Payment plan option: \$100 due September 7, \$100 due November 30.
- \$40 Supply Fee due by August 1 by mail.

## ***SKILLS***

- Team Work
- Taking turns
- Following Directions
- Maximum Effort
- Muscle Strength
- Cardio
- Health
- Endurance
- Routine
- Crossing the Midline
- Repetition
- Large Motor
- Fine Motore
- Stretching

*Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.*

*-John F. Kennedy*