



FUTURE LEGENDS ACADEMY Fitness Program

Skill training, athletic movement,
and competitive play — *all in one session.*

— Youth Fitness & Movement Program —

A high-energy fitness program that keeps kids moving and engaged:

- Calisthenics-based training
- Relay races and group challenges
- Fun exercises and movement games
- Games and activities to end each session

Designed to build **strength**, coordination, confidence, and teamwork — while keeping fitness fun.

Class Dates & Details

Feb 19	5:30–6:30 PM	Ages 6–9
Feb 26	5:30–6:30 PM	Ages 6–9
Mar 5	5:30–6:30 PM	Ages 6–9
Mar 12	5:30–6:30 PM	Ages 6–9
Mar 19	5:30–6:30 PM	Ages 6–9

Registration & Pre-Registration

► Visit our **Facebook page Future Legends Academy** and click the registration links provided, or visit the **Welland Events Calendar** and select the specific class date you wish to attend.

► Why Pre-Register?

- Add **additional classes** based on interest
- Create age-appropriate groupings
- Build programs that best support your children and family

Location Carrie Lynn Center 5 Forks Road **Welland**