



## 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

<b>Feb 19</b>	5:30–6:30 PM	Ages 6–9
<b>Feb 26</b>	5:30–6:30 PM	Ages 6–9
<b>Mar 5</b>	5:30–6:30 PM	Ages 6–9
<b>Mar 12</b>	5:30–6:30 PM	Ages 6–9
<b>Mar 19</b>	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**