



**KIDS ON WHEELS and KIDS ACTION SPORTS**

began more than 30 years ago. Beginning with Inline Skating classes, we have grown to offer a wide variety of unique after school classes, to both public and private schools, citywide. Our coaches are all specialists in their fields, fully insured, pre-screened and background checked and of course.... kid friendly.



**INLINE SKATING (all grades)**

Get your skates and gear on and join our fantastic coaches for after school in the park. Each week you will learn a new skill (from basic to advanced techniques), play some roller sports like hockey and skate soccer, and have FUN ON WHEELS. We will also occasionally bring music to learn to roller dance. Great class for beginners to advanced.



**ROLLER HOCKEY**

This program is designed for the more skilled skater. The children will learn the skills of stick handling, passing, shooting & teamwork...safely! Then we break the group into teams for a fun action-filled game.



**SKATEBOARDING (all grades)**

Whether you already know how to do an 'Ollie' or want to get started with skateboarding, this program is for you. Learn and enjoy the basics through advanced moves on a board. From push-offs to fakies, this safe and awesome program will thrill you.

Joel has been featured on The Today Show, The Morning Show, Regis. He even taught Diana Ross' and Princess Diana's kids!

**KIDS ACTION SPORTS**

**PEE WEE SPORTS & SPORTS SAMPLER  
(pre-K-middle school)**



In this diverse, multi sport program, every week the young athletes will be introduced to a different sport, learn new skills and then separate into teams to play a game. We supply the expertise and equipment. All the students bring is their enthusiasm.



**FLAG FOOTBALL (2-middle school)**

Be part of the newest sports craze that's taking over the amateur sports world. Flag football is a no contact game that is fast moving and fun. Learn basic to advanced football techniques, passing, catching, & running plays. Then break into teams and play an exciting game.



**ULTIMATE FRISBEE (2-middle school)**

Grab your flying ring and let the games begin. Ultimate is a fast action game of running, throwing and catching. Once you learn the basics of the game, it's non-stop fun. You will also learn some great tricks and moves to impress your friends.



**PARCOUR / PARK CHALLENGE (2-middle school)**

Joel's Kids Action Sports coaches mix conditioning, gymnastics, balance, team work, confidence building and fun. Either indoors or out we create a manageable obstacle course for the kids to conquer. Positive thinking and success are guaranteed.



**THEATER FOR KIDS (K-4<sup>th</sup> grades)**

In this theater and improv program, your child will explore their creative side with movement exercises, character development, and fun interactions with each other. They will also have the opportunity to create and present their own mini shows. Fun, fun, fun!!!

**KIDS ON WHEELS / KIDS ACTION SPORTS**

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**OTHER EXCITING STUFF**

**THE MYSTERY OF MAGIC (1-middle school)**



Be part of the mystical and exciting world of magic. Every week our Magic Gurus will introduce the apprentice magicians to a few different tricks. They will be able to impress their friends and family with various card tricks, disappearing coins, sleight of hand and more. We supply the materials and expertise, they bring their enthusiasm. At the end of the program we will have a performance.



**YOGA / PILATES PLUS (all grades)**

In this unique Yoga class, the students will have the opportunity to experience the best of Yoga, Pilates and Dance. Yoga for stretching, Pilates for strengthening and Dance to feel the beat. This class is designed for all levels and abilities. A good time is guaranteed by all.

**HIP HOP DANCE AND JAZZ FUNK (all grades)**



Get into the groove with our top professional dance coaches. Learn the moves to your favorite music videos and pop star concerts. Then choreograph your own dances using the music of your choice. You don't need to be a trained dancer to enjoy this totally upbeat and fun class. You just have to like music.



**BREAK DANCING (2-middle school)**

If your body can move then you can groove in this fun Break program. Get down with our awesome coaches for some basic footwork of Breaking by doing Drops, Freezes, Spins, Popping and Locking Then move on to some power moves like the Flare and Back Spin. This program uses kid friendly, high energy music. It's a great time!

**TUMBLEWEEDS (K-1):**

Join Joel's gymnastic coaches for a fun filled tumbling experience. This class is specifically designed to teach your child body awareness, balance, floor gymnastics and tumbling... safely. Learn forward and backward rolls, cart wheels, hand stands, creative floor work using hoops and ribbons and much more.

