



Kid Fit USA



SPORTS & FITNESS



**SERVING HOUSTON
SCHOOLS SINCE 1996**

One of Houston's Most Inclusive Enrichment Program

Contact: Joshua Rogers (832) 498-3252

E-mail: coachjosh@kidfitusa.com



- ★ Since 1996 Kid Fit USA has offered schools and their students the opportunity to participate in a kaleidoscope of activities. Through organized Sports and activities children will improve/develop fine and gross motor skills, hand-eye coordination, rhythmic skills, point of balance and manual dexterity.
- ★ Our coaching technique is centered on a personal relationship with each student. We believe that coaching is an active positive engagement with each child providing encouragement and motivation for success.



“ Participation in physical education can contribute to positive attitudes regarding vigorous activity as essential throughout life to maintain health and to enrich the quality of life. Because of its unique and essential contribution to the total education program, the Texas Association for Health, Physical Education, Recreation and Dance strongly recommends quality daily physical education instruction be required for grades K - 12.”



“ Grades K - 3 should have a minimum of 30 minutes per daily class period. Grades 4-8 should have a minimum of 45 minutes per daily class period. It is further important that class size be consistent with other subjects in the curriculum.”

TAHPERD Philosophy Statement of Physical Education

“ Physical Education is an essential part of the total education program and makes significant contributions towards the achievement of desirable educational outcomes through the medium of physical activity and related experiences.”



Activities/Equipment

★ Baseball

★ Golf

★ Obstacle Courses

★ Hula Hoops

★ Basketball

★ Volleyball

★ Field Day

★ Circuit Training

★ Football

★ Badminton

★ Parachute

★ Scooter Boards

★ Soccer

★ Relay Races

★ Capture the Flag

★ Low level Gymnastics

★ Tennis

★ Dodgeball

★ Ultimate Frisbee

★ Bowling

★ Floor Hockey

★ Kickball

★ Jump Rope

★ And More!



Class Structure

- ★ Classes consist of 30 - 60 min. of activities. Our lessons are structured to allow students to experience a wide range of activities, promoting self interest and self expression.
- ★ Each week we introduce a different Sport or Fitness activity. All classes will be held on school grounds. Equipment will be provided by Kid Fit staff.
- ★ Our lessons begin with a warm up, stretching the muscle groups that will be used for the day. A cardio-vascular activity as well as the weekly lesson will follow.



Class Options

★ **PHYSICAL EDUCATION**

– Centers can incorporate our unique program and highly qualified staff to conduct physical education classes. Many schools take advantage of this due to the lower cost.



SUMMER CAMP

– Centers can incorporate Kid Fit for a whole week! Mon – Fri for up to 3 hrs/day. Weekly camps will consist of 10–15 different lessons and a snack each day.



OPTIONAL CLASS

– Parents have the option to enroll into a once/twice a week class. Classes would be held after school or during a time free from curriculum.

Age Groups



★ **Toddler Program**
2yrs. - 3yrs.



★ **Preschool**
3yrs. - 5yrs.



★ **Elementary**
through 5th

Payment Options

★ Center Pays - This option is typically used by schools that would like to incorporate our program as part of their curriculum (PE) The cost is usually set to fit within schools current budgets.



★ Parent Pays - This would be an optional class paid for by the parents. The cost is generally \$45/month for one class/week and \$70 for two classes/week.



★ Parent Pays Center - This option would allow schools to keep a portion of the tuition. Generally schools would keep 10% - 20% depending on the cost of the class.

References

River Oaks Baptist - Cate Ebbs (Director of extracurriculars) 713 623-6938

Cornerstone Christian Academy - Gracie Stelly (Lower School Principal) 281-980-0842

Memorial Lutheran - Pastor Heine (Principal) or LouAnn Webber (Director of Admissions) 713 - 782-4022

The Honor Roll School - Joy Dasgupta (Director) 281 265-7888

Big Little School - Iris Alamilla (Director of extracurriculars) 713 686-4321

Beth Yeshurun Day School - Mireille Chait (Director of extracurriculars) 832 - 279-5322 or 713 666-1884

Smaller Scholars Montessori - Noreen Martin or Terry Lloyd (Principal/Assistant Principal) 281 558-0917

Awty International School - Lara Afifi (Director of extracurriculars) 713 686-4850

Lakewood Montessori - David or Jeanine Wyatt (Owner/Principal) 281 370-9054

Yorkshire Academy - Lori Darnell (After School Coordinator) 281 531-6088

Esperanza School - Alexandra Couvaras (Owner/Principal) 713 557-3222

The Branch School - Emily Smith (Director) 713 465-0288

