

Basic Sports Skills and Conditioning



This class teaches kids the basic rules, techniques and fundamentals of a variety of sports. Each week they will learn a different sport. The class will also teach ways to practice balancing, catching, running, aiming, motor skills, hand and eye coordination, stability, agility, quick directional movement and much more. This program will help prepare our youngest students for any type of athletic experience they may participate in during their youth and throughout their life. Kids will learn that movement is fun and healthy!

Fee is \$55 for Raleigh residents and \$70 for non-residents.

Ages: 3 - 5 years

Day/Time:

Tuesday, 3-4pm

Date/Barcode:

Jan 5 - Feb 9 (180740)

Feb 16 - March 22 (180741)

March 29 - May 3 (180751)

Ages: 6 - 9 years

Day/Time:

Wednesday, 4-5pm

Date/Barcode:

Jan 6 - Feb 10 (180739)

Feb 17 - March 23 (180742)

March 30 - May 4 (180743)

Kids Will Learn:

- Volleyball
- Soccer
- Softball
- Kickball
- Basketball
- Football
- Tennis
- Lacrosse
- Baseball



RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov

Hill Street Community Center

2307 Hill Street
Raleigh, NC 27604
919-996-5300

