



# LAEF

LOS ALAMITOS EDUCATION FOUNDATION

## McAuliffe Middle School

Spring 2024: January 30 – May 9

*Highly-qualified Instructors.*

Visit [LAEF4Kids.org](http://LAEF4Kids.org) to register.

Class Description and Teacher bios can be found at [LAEF4Kids.org/afterschool](http://LAEF4Kids.org/afterschool).

Day:	Grades:	Time:	Class:	Teacher:
Tuesday	6th-8th	3:15 - 4:15 PM	<b>Beyond Basics Fitness &amp; Health</b>	Fitness for All
Thursday	6th-8th	3:15-4:15 PM	<b>Tennis Academy</b>	SC Tennis Academy

### Class Fee is only **\$25** until Jan. 23

and increases \$15 starting on Jan. 24

#### **Beyond Basics Fitness and Health**

This class is designed to establish healthy habits with movement, and wellness. Your child will learn proper movement form, and techniques to destress. Each class will begin with a 10-minute warm up followed by a 20- minute fitness workout and an obstacle course, followed by a cool down.

No class dates area as follows:

February 20

March 26

April 2



#### **TENNIS**



#### **Tennis**

Players develop an impressive understanding of tennis techniques, as well as a strong love for tennis as they prepare for FUNdamentals classes. We use a variety of drills and games to peak the interest of our new players.

Sign up Here:

