



# LAEF

LOS ALAMITOS EDUCATION FOUNDATION

## Oak Middle School

Spring 2024: January 29 – May 7

*Highly-qualified Teacher*

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:
Monday	6th-8th	3:10 4:10 PM	<b>Beyond Basics Fitness &amp; Health</b>	Fitness for All
Tuesday	6th-8th	3:10-4:10 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 are as follows:

Feb 5 and 19

April 1



Sign up Here:



#### **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.

[programdirector@LAEF4Kids.org](mailto:programdirector@LAEF4Kids.org)

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