

# Athlete in Training Academy



Building athletic foundations through fun, high-energy programs for young children

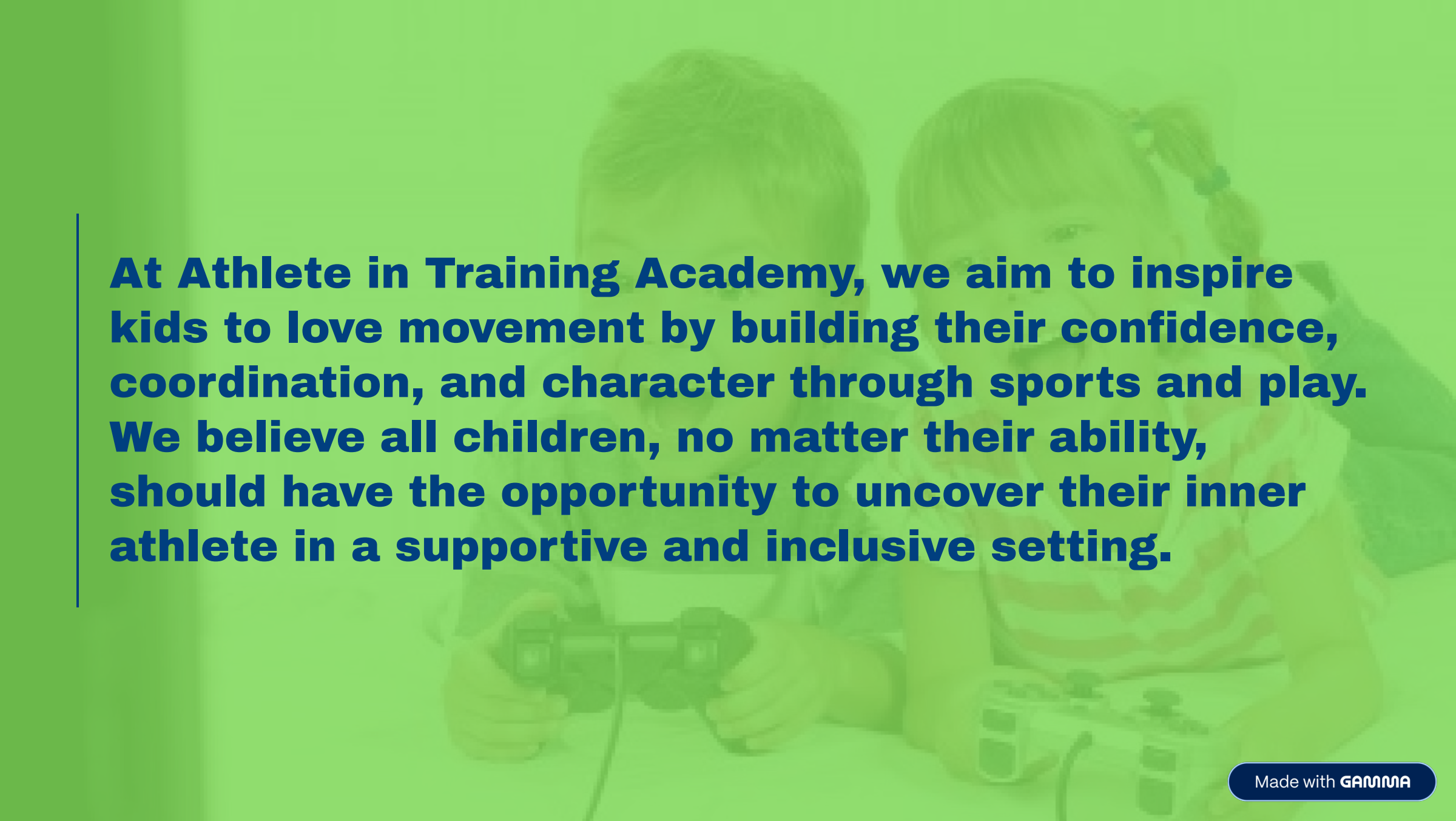


# The Ultimate Athletic Foundation

**Athlete in Training Academy** gives young children the **ultimate athletic foundation** delivering a fun, high-energy program that helps young children build the athletic skills and confidence they need long before they ever pick a specific sport.

Instead of focusing on just one activity, we introduce kids to all the fundamentals — jumping, throwing, catching, kicking, balance, agility, and teamwork — so they can discover what they enjoy and where they naturally shine. This program is **non-stop movement** — no long lines, no waiting for turns, and no chance for boredom. Each week focuses on a different set of skills that challenge your child to **run faster, jump higher, move smarter, and grow as a teammate**. And with a new, fun challenge built into every session, your child will be excited to share all the techniques they're learning the moment you pick them up.

Because the program takes place **during daycare hours** in an environment they already know and trust, kids feel comfortable trying new things, pushing themselves, and discovering what they're capable of. AIT helps every child grow, move, and step into any sport with **confidence**.



**At Athlete in Training Academy, we aim to inspire kids to love movement by building their confidence, coordination, and character through sports and play. We believe all children, no matter their ability, should have the opportunity to uncover their inner athlete in a supportive and inclusive setting.**

# What to expect

# Our Program Structure

The **Athlete in Training Academy** is a structured youth fitness and sports readiness program designed specifically for **preschool and early elementary-aged children (3–6 years old)**. Our curriculum focuses on the fundamentals of movement — agility, balance, coordination, and strength — while integrating social and emotional learning like teamwork, listening, and perseverance.

## Each 30–40 minute session includes:



### **Dynamic warm-ups & stretching**

to teach body awareness and flexibility



### **Skill stations**

focusing on different athletic fundamentals each week (jumping, throwing, catching, kicking, balance, coordination)



### **Group games and mini challenges**

to reinforce teamwork and sportsmanship



### **Weekly achievements**

that keep kids motivated and celebrate individual growth

Programs run in 8-week sessions that progress by age group and skill level, ensuring each child continues to develop at their own pace. Parents receive updates on progress and milestones, while daycare partners benefit from a turnkey program that enhances their curriculum and family satisfaction.

# Benefits for your child

## **Boosts motor skills**

like balance, agility, and coordination.

## **Encourages teamwork, sharing, and cooperation**

through group play.

## **Teaches goal-setting and perseverance**

with visible milestones and achievements.

## **Improves focus and listening skills**

supporting readiness for kindergarten and beyond.

## **Celebrates individuality and effort**

making every child feel like a champion.

## **Builds lifelong confidence**

through positive reinforcement and success experiences.

# Benefits for parents

## **Convenient & onsite**

no travel or extra scheduling needed; classes happen right at your child's daycare.

## **Active, screen-free enrichment**

that supports physical health and emotional balance.

## **Confidence-building experiences**

that foster independence and resilience.

## **Professional, safety-certified coaches**

ensure a fun and secure environment.

## **Progress tracking & communication**

help parents see growth week by week.

## **Early exposure to sports fundamentals**

encourages lifelong healthy habits.

# Benefits for daycare facilities

- **Enhances your enrichment offerings** with a professional athletic program that parents love.
- **Differentiates your center** from competitors by promoting physical development and wellness.
- **Turnkey operation** — we handle equipment, instructors, scheduling, and communication.
- **Boosts parent satisfaction and enrollment** by offering a premium, in-house program.
- **Encourages active play and social engagement**, supporting curriculum goals and state guidelines for early childhood movement.
- **Strengthens your community reputation** as a center that invests in the whole child — mind and body.

