

FREE SPRING SPORTS & FITNESS CLASSES



HOPEFitness



Participants will enjoy a variety of age-appropriate sports such as soccer, basketball, t-ball, & more!

- ENHANCE BASIC ATHLETIC SKILLS
- GAIN CONFIDENCE & SELF-ESTEEM
- BUILD SOCIAL SKILLS

- LEARN SPORTSMANSHIP
- IMPROVE COORDINATION
- IMPROVE BALANCE

AGES 5-12



April 30, 2024 -
June 18, 2024

WHEN: Tuesdays 3:30-5:30PM

WHERE: HOPEFitness Suffolk - 170 Wilbur Pl, Bohemia, NY

AGES 13-18



May 2, 2024 -
June 20, 2024

WHEN: Thursdays 3:30-5:30PM

WHERE: HOPEFitness Suffolk - 170 Wilbur Pl, Bohemia, NY



**ALL LEVELS WELCOME
SPACE IS LIMITED**

**REGISTER
NOW**

Please Register at [HOPEFitness.org/register](https://www.HOPEFitness.org/register)
1 (877) 396-HOPE (4673) | www.HOPEFitness.org