



BUILDING STRONG KIDS.
BUILDING STRONG FUTURES.

ALL-STAR SPORTS & FITNESS

AT LAKE FORREST PREP

12 WEEKS



SPORTS



TEAM
COMPETITIONS



FITNESS
CHALLENGES



OLYMPIC
GAMES



NUTRITION



CHARACTER
BUILDING



SEPTEMBER 8TH - DECEMBER 1ST



EVERY TUESDAY

(NO CLASS NOV. 24TH)

TIME SLOTS:

- PREK 3-4: 3:30 - 4:00PM
- K-2ND: 4:15 - 4:45PM
- 3RD-5TH: 5:00 - 5:30PM

\$250

LAST DAY TO REGISTER:
SUNDAY, SEPT. 6TH

CONTACT COACH RYAN FOR
SIBLING & TEACHER DISCOUNT!

CONTACT COACH RYAN:



(407) 927-2938



ryansick@sickfitness.com



www.SickFitness.com/all-star-sports-and-fitness

SCAN THE
QR CODE TO
REGISTER!



★ SPORTS LIMITED. ★

THE MOST FUN
YOUR CHILD WILL
HAVE THIS FALL!