

## Early Starters

2547 A Henry Street

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## Keiki FunFit Program

- Program to introduce children to basic core fitness through creative exercise stations

## INTRODUCING HAWAII'S YOUTH TO EXERCISE AND SOFT- SPORT PROGRAMS

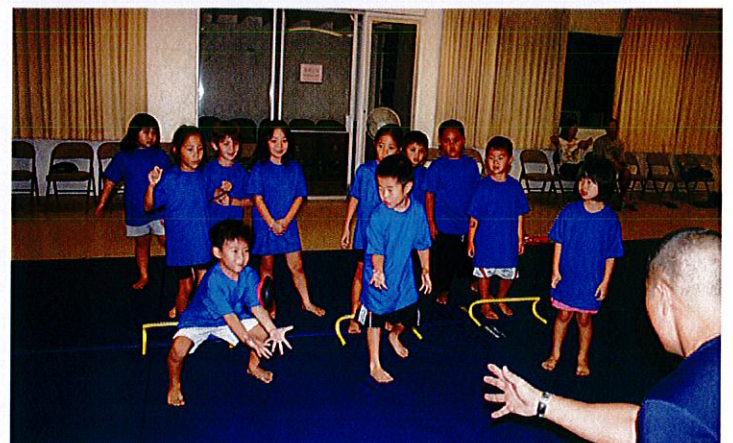
*Early Starters offers a fun and innovative program for kids between the ages of 2-5 years old. Our mission is to empower the youth of today by teaching them the life long benefit of staying fit, eating right and participating in team sports.*

*Our programs are designed for Hawaii's keikis, regardless of their current involvement or interest in fitness and sports.*

*At Early Starters, we follow a simple philosophy and it is as follows:*

- Develop a positive approach to exercise
- Introduce kids to various types of sports
- Improve overall fitness
- Develop team play
- Build a strong self-esteem
- HAVE FUN!!!!!!!

*If you are interested in enrolling your child in our program or have any questions, please feel free to contact Lisa Kirimitsu at 808-779-4589.*



## Soft Sport Football

- Example of one of our sports program where we utilize foam material footballs and easy to pull flags to simulate regular flag football



## Soft Sport Soccer

- Example of our soft sport soccer drills which focuses on teaching our young athletes the basic fundamentals of soccer

# Early Starters



## Fall Registration

Fridays, Sept. 16 – Dec. 9

Location: Star of the Sea ELC

Dates: September 16 to December 9  
(12 Classes)

Cost: \$165 which includes \$10 registration fee

### Wednesday Classes:

- 2:30 to 3:15
- 3:30 to 4:15
- Available for other class time if first selection is full

Please return application and payment (check payable to Early Starters) to the main office by Sept 7. Space is limited so please turn in applications early to guarantee placement in the program. If you have any questions, please feel free to contact Lisa Kirimitsu at 779-4589.

Name of Student: \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Father's Name: \_\_\_\_\_

Age/Room: \_\_\_\_\_

Phone: (Cell) \_\_\_\_\_ (Home) \_\_\_\_\_ (Work) \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

I, (We), release and forever discharge TL Sports 808, LLC dba Early Starters including its branches, teachers, instructors, agents, members, employees, officers, representatives, successors, and all officials of the association and assigns from all claims actions, demands, suits of law or inequity whatsoever which I, (We), my heirs, executors, administrators or assigns, may have against said organization by reason of any and all known injuries, disabilities, diseases, damages, any physical mental and emotional damages or death, losses and expenses sustained by me (or my child) or any heirs, executors, administrators as a result of any accident while engaged in any physical activity, exercise, training traveling to or from any of the aforementioned, recreation and/or any individual acting as instructor and/or representing TL Sports 808, LLC dba Early Starters.

I, (We), further acknowledge and agree that any medical, dental, hospital or other expenses which may be incurred by me or any person in my behalf in connection with any accident as aforesaid becomes and is my sole and separate obligation and responsibility.

I, (We), give my permission to use my child(s) picture for the use of marketing or promotional activities of Early Starters. Initial \_\_\_\_\_.

Signature of Parent or Legal Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

## Early Starters - Class Schedule (lessons and drills are subject to change)

### Class 1

Warm Up	Fitness Drill	Sport Lesson - Soft Baseball
Chest Stretch	Ladder Drills	Baseball-Shuffle Catch Drill
Posterior Shoulder Stretch		(Colored Cones)
Shoulder and Neck Stretch		

### Class 2

Warm Up	Fitness Drill	Sport Lesson - Soft Baseball
Chest Stretch	Colored Cone Agility	Batting from Tee and Fielding
Posterior Shoulder Stretch		Review
Shoulder and Neck Stretch		

### Class 3

Warm Up	Fitness Drill	Sport Lesson - Soft Baseball
Chest Stretch	Soft Hurdle Drills	Batting and Base Running Drill
Posterior Shoulder Stretch		
Shoulder and Neck Stretch		

### Class 4

Warm Up	Fitness Drill	Sport Lesson - Soft Football
Chest Stretch	Exercise Stations	Flag Grab Drill
Posterior Shoulder Stretch		Running with Ball
Shoulder and Neck Stretch		

### Class 5

Warm Up	Fitness Drill	Sport Lesson - Soft Football
Chest Stretch	Plastic KettleBell	Catch and Run Drill
Posterior Shoulder Stretch	Exercises	
Shoulder and Neck Stretch		

### Class 6

Warm Up	Fitness Drill	Sport Lesson - Soft Football
Chest Stretch	Ladder Drills	Agility Cone Drills
Posterior Shoulder Stretch		
Shoulder and Neck Stretch		

**Class 7**

Warm Up	Fitness Drill	Sport Lesson - Soft Football
Chest Stretch	Colored Cone Agility	Ball Handling Run Drill with Catch
Posterior Shoulder Stretch		and Pass
Shoulder and Neck Stretch		

**Class 8**

Warm Up	Fitness Drill	Sport Lesson - Soccer
Chest Stretch	Soft Hurdles	Foot Passing and Catching Drill
Posterior Shoulder Stretch		
Shoulder and Neck Stretch		

**Class 9**

Warm Up	Fitness Drill	Sport Lesson - Soccer
Chest Stretch	Exercise Stations	Agility Cones and Scoring Drill
Posterior Shoulder Stretch		
Shoulder and Neck Stretch		

**Class 10\***

Warm Up	Fitness Drill	Sport Lesson - Soccer
Chest Stretch	Plastic KettleBell	Goalie Block/Score Drills
Posterior Shoulder Stretch	Exercises	
Shoulder and Neck Stretch		

\*Award medals and certificates will be given to all participants