



COMMUNITY LIFESTYLE

Sports Bugs is a program of Community Lifestyle. Community Lifestyle serves as a safe, accessible, vital health and wellness service non-profit organization conveniently located in the heart of low income communities. 100% of All funding and generating revenue helps us create free or low cost programs possible.



(201) 520-6201



www.Sportsbugs.org



Sports Bugs is a specialized sports program for children ages 2 to 6 years. Instructing children in multi-sport or specific-sport classes focusing on: Soccer, Baseball, Basketball, and Flag Football, Children in Sports Bugs routinely gain greater confidence, learn to combine fitness with fun, and develop 3 key motor skills: Catching, Throwing and Balancing.

Instructors are able to introduce children to a range of team-based sports that are age appropriate and help build necessary developmental skills for every age level. Our one-week program offers children the chance to find out what their sporting interests may be. Classes can be indoors or outdoors, depending on the time of year and age of the children.



5 Reasons for choosing us:

✓ Exposure to wide variety of sports

Preschoolers need lots of physical activity. Sports Bugs provides great exercise, but in a structured format that introduces a wide variety of sports, builds coordination, balance, and confidence. It's amazing how this early exposure makes kids more willing to give new sports a try as they get older.

✓ Life Skills and Socialization

Sports Bugs utilizes this desire to encourage socialization in order to develop cooperation skills, sharing, manners, and friendship. The main goals of this program include: Basic socialization, problem solving, independent tasking, imitation & imagination, running coordination, team work, throwing, catching, kicking and testing skills.

✓ Special curriculum for all programs

Every aspect of Sports Bugs has been carefully researched and developed to be both fun and beneficial to the development of young minds and bodies. Today, children all over new jersey, from 2 years of age through 6 years enjoy a wide variety of Sports Bugs programs.

✓ We are a non-profit organization

We provide a fun, dynamic and safe environment where youth & teens engage in programs, learn self confidence as well as leadership to help shape their own lifestyle.

✓ 100% of program fees go towards youth & teen programs in low income area's

The Housing Authorities(projects) in new jersey has long been identified as an under-served area that is geographically isolated from many services and amenities that many citizens take for granted, such as quality youth programs, teen programs and other social programs. Almost 95% of residence are below the level of poverty. Community Lifestyle serves as a safe, accessible, vital health and wellness service programs conveniently located in the heart of the housing authority communities.

Multi sports

Each class runs for 45 minutes covering two different sports each class, with a focus on all the fundamental movement skills of each sport. Sports include: Soccer, T-ball, Basketball and Flag football. The focus of our Programs is to introduce and encourage your child with the following:

- ✓ Skill development
- ✓ Enhancing self-confidence
- ✓ Social interaction

Soccer

Our soccer program includes games and activities that allow kids to learn at their own pace while having fun to improve their motor skills. While enjoying themselves, the program aims to instil a sense of enjoyment and excitement about the game of soccer that will lead to a lifelong love of the game.

If you are a pre-school director or a parent that is interested in having Community Lifestyle come to your child's pre-school, please contact us and we'll be happy to discuss specifics of the program.

Sports Anytime Anywhere

You pick a day and time in which you would like to hold a 4-week program, invite your child's friends and neighbours to participate and we'll provide you with an electronic flyer of course. We'll then let you know which of our coaches has been assigned to your program.

Requirement

- ✓ A minimum of 8 enrollees.
- ✓ Application for each enrollee must be submitted hard copy or online 1 week prior to program start date.

As a thank you, we will waive your child fee.

If you would like to learn more about our Programs, please give us a call at **(201) 520-6201**.

