

CrossFit Orrville is excited to announce the start of CrossFit Kids classes to pre-k, pre-teen and teenage children. CrossFit Orrville believes there is immense value in offering classes to these age groups.

The CrossFit Kids program, first and foremost, provides individuals between the ages of three and eighteen with a portion of their prescribed physical activity in a fun and engaging format. The goals of

the CrossFit Kids program however, are more far reaching in the short as well as the long term. For example, one intent is to have the children learn the points-of-performance of foundational movements that have universal application; developing motor recruitment pathways, ensuring safe and efficient movement now as well as into the future. Along the way, what they do, and how they feel because of it, will provide them a definition of what fitness is and what it means to them.

In addition, layering information about food into the program leads to an understanding of and a mechanism for a healthier lifestyle.

CrossFit Kids classes also provide an opportunity to hone life skills. Skills such as perseverance and hard work, as well as those espoused by SHAPE America (formerly American Alliance for Health, Physical Education, Recreation and Dance—AAHPERD) including: acknowledging personal responsibility, accepting feedback, working with others, following rules, and exhibiting etiquette are emphasized.

Through our classes, it is our goal that your child develops a sense of commitment to themselves, to those around them, and to the community in which they grow and live.

Sincerely,

CrossFit Orrville



CrossFit

K I D S

**FORGING THE
FUTURE OF FITNESS**

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