

DO YOU.....

know the value of Afterschool Sports Programs?



“Most experts agree that after-school activities can serve as important strategies for youth violence prevention and intervention, and can also help students develop into responsible adults. A report by the U.S. Department of Education and the U.S Department of Justice shows that students in after-school programs have fewer behavioral problems and more self-confidence, and can handle conflicts better than students who are not involved with these programs.”

<http://school.familyeducation.com/school-safety-month/safety>

south shore
EXPO CENTER

From South of Boston to Providence to Cape Cod,
We are the largest Indoor & Outdoor Expo Center

GRAND OPENING!!! Accepting registration for September

Learning Safari

Day and Preschool Programs

★ **Infant/Toddler Preschool Extended Day**

Year round day and preschool programs designed to educate children to reach his or her full potential with a developmentally appropriate curriculum and a nurturing environment for children ages infant through 5 years.

Special Features:

- Offering an extended day program for working parents.
- Special Activities offered, music and art appreciation, hands-on science, sports and other new and exciting activities for preschoolers.
- Qualified, professional Staff
- Access to large indoor and outdoor physical activity space.

Call BRENDA FROIO, Director at 508-830-1411 x15 for private tours and information
Office hours: 9am-3:30pm

NEW Birthday Parties

Book Now
508-830-1411 x14



A
F
T
E
R
S
C
H
O
O
L

At the



Sports & Entertainment Complex

8 Natalie Way, Plymouth MA 02360

(508)830-1411 ~ www.jungleplex.com

After School Programs

SAQ (Speed, Agility, Quickness)

Speed-enhancing techniques are designed to optimize neuromuscular patterning and condition. Like any other physical attribute, speed can be trained and improved through repetition and overload. SAQ techniques never lose sight of this overall goal and the playing requirements of various sports. Depending on their emphasis, the drills are designed either to develop absolute speed and agility or to develop these attributes under the conditions of fatigue that players experience during a sports-specific match. Drill with a sports-specific emphasis often shape up looking like an obstacle course which can involve the following: short swerves through cones, hopscotch, zigzag runs, long swerves, two-footed jumps over hurdles, backwards running and turns through 360 degrees. The combinations of which would depend upon the types of sports training that is emphasized. **Ages 14-18. 6 Week Sessions, Tuesdays & Thursdays from 3:30-5:00 . \$125**



Session I begins November 9th

Session II begins December 21st

Session III begins February 8th

Session IV begins March 29th

Multi-sport

Our Multi-sport program is dedicated to the truly sports-minded youngster. Children will have the opportunity to experience 6 different sports ranging from kickball to flag football. All activities that we incorporate allow children to develop body control, accuracy, coordination and timing. Inspired by a fun and relaxed atmosphere, your child will have the opportunity to thrive on the sports field. Variety, activity and enjoyment stand as key attributes to this program. **Ages 10-15. 6 Week Sessions, Wednesdays only, from 3:30-5:00. \$100**

Session I begins November 10th

Session II begins December 23rd

Session III begins February 3rd

Session IV begins March 17th

SSD (Soccer Skill Development)

Providing upbeat technical training to benefit and enhance the development of players at all levels. To expand a player's ability to control the ball through drills based within three means of attack—dribbling, passing and shooting. **Ages 10-15. 6 Week Sessions, Mondays only, from 3:30-5:00. \$100**



Session I begins November 8th

Session II begins December 20th

Session III begins February 1st

Session IV begins March 15th

Youth Developmental Soccer Clinic

This developmental program is geared towards children who enjoy soccer and wish to improve their skill set. It is also for those who want to work on individual skills such as dribbling, ball control, shooting, etc., as well as develop some tactical field awareness and sense of team play. Each training session will assist in building your child's self esteem through stimulating and dynamic game play together with positive encouragement. Our goal is to teach all our players the most important, fundamental skills of soccer in a fun, productive, age-appropriate, safe and friendly environment. Players will leave our program with new techniques, new energy, new friends, and new goals. **Ages 5-8, 5:00-6:00pm. Ages 9-14, 6:00-7:00pm, Fridays only. 8 Week Sessions. \$150**



Session I begins September 17th

Session II begins November 12th

Session III begins January 21st

Session IV begins March 18th

