



# UFIT'S SPORTS FOR LIFE PROGRAM

TOGETHER WE WIN

For Kids Aged 6 - 18

**UFIT 's Sports for Life Program is back and it's bigger and better than ever before!**

**WHERE:** Fairmont Hotel, Orchard & one-north

**DATES:** w/c Monday 26th April - Monday 14th June (8 weeks)

**WHEN:** Weekly 1 hour sessions after-school

**PRICE:** \$280 (\$35 per session)

## OUR AIM

The program teaches children the benefits of a healthy mind and body, while building a base of life skills that are critical to future development. The program is a specific pathway for kids' health and fitness, based on their age group, athletic ability, and personal goals.

All programs will be conducted by UFIT's best-in-class coaches. The kids will be in small groups with their peers and teammates to add to the fun and social interaction on the program while enhancing the speed and success of their development.

Register your child at [ufit.com.sg/sports-for-life-program](https://ufit.com.sg/sports-for-life-program)



### **Orange Program (ages 6 - 8 years)**

Kids will be guided through a program that introduces them to the fundamentals of movement and coordination. There will be a huge amount of fun and highly energetic games and exercises that will help motivate them to develop skills for all sports and day-to-day life.

### **Green Program (ages 9 - 11 years)**

Children will really start to see the results of their efforts and continued physical improvement. Learning the value of teamwork, discipline, and reaching for your goals will complement the children's physical development. This is key to instilling intrinsic motivation and confidence that will help them push that little bit harder.

### **Yellow Program (ages 12 - 15 years)**

Here, they will learn more about the benefits of being in great physical and mental shape. This program will include goal setting, injury prevention, and nutritional advice, providing a "toolbox" of valuable life skills. It's about feeling good, approaching life with confidence, and setting yourself up to be the best version of yourself.

### **Gold Program (ages 15 - 18 years)**

As your child matures, it's vital that both mental (imagery, self-talk) and physical (speed, strength, agility) skills are refined and advanced. In this program, we will prepare your child for the competitive and demanding environment of high-school and university sport. We give a taste of what's to come and educate on how to prepare for the next sporting level, all while keeping your child healthy, injury free and most importantly, enjoying their sport.

Register your child at [ufit.com.sg/sports-for-life-program](https://ufit.com.sg/sports-for-life-program)

# SCHEDULE

## FAIRMONT HOTEL, RAFFLES CITY

### ORANGE PROGRAM (6 - 8 YEARS)

Monday 26th April - Monday 14th June from 4:30pm - 5:30pm (8 weeks)

Wednesday 28th April - Wednesday 16th June from 4:30pm - 5:30pm (7 weeks)

### GREEN PROGRAM (9 - 11 YEARS)

Monday 26th April - Monday 14th June from 4:30pm - 5:30pm (8 weeks)

Wednesday 28th April - Wednesday 16th June from 4:30pm - 5:30pm (7 weeks)

### YELLOW PROGRAM (12 - 15 YEARS)

Monday 26th April - Monday 14th June from 5:30pm - 6:30pm (8 weeks)

Wednesday 28th April - Wednesday 16th June from 5:30pm - 6:30pm (7 weeks)

### GOLD PROGRAM (15 - 18 YEARS)

Monday 26th April - Monday 14th June from 6:30pm - 7:30pm - GIRLS ONLY (8 weeks)

Wednesday 28th April - Wednesday 16th June from 6:30pm - 7:30pm (7 weeks)

## ORCHARD

### YELLOW PROGRAM (12 - 15 YEARS)

Monday 26th April - Monday 14th June from 4pm - 5pm (8 weeks)

Thursday 29th April - Thursday 17th June from 4pm - 5pm (7 weeks)

## ONE-NORTH, BUONA VISTA

### YELLOW PROGRAM (12 - 15 YEARS)

Monday 26th April - Monday 14th June from 4pm - 5pm (8 weeks)

### GOLD PROGRAM (15 - 18 YEARS)

Friday 30th April - Friday 18th June from 4pm - 5pm (8 weeks)