

Metairie JCC Sports Hour

Date	Event	Location
(M) January 14	Class- 4:00- 5:00 PM	Metairie JCC
(M) January 21	NO CLASS	Metairie JCC
(M) January 28	Class- 4:00- 5:00 PM	Metairie JCC
(M) February 4	Class- 4:00- 5:00 PM	Metairie JCC
(M) February 11	Class- 4:00- 5:00 PM	Metairie JCC
(M) February 18	Class- 4:00- 5:00 PM	Metairie JCC
(M) February 25	Class- 4:00- 5:00 PM	Metairie JCC
(M) March 4	NO CLASS	Metairie JCC
(M) March 11	Class- 4:00- 5:00 PM	Metairie JCC
(M) March 18	Class- 4:00- 5:00 PM	Metairie JCC
(M) March 25	Class- 4:00- 5:00 PM	Metairie JCC
(M) April 1	Class- 4:00- 5:00 PM	Metairie JCC
(M) April 8	Class- 4:00- 5:00 PM	Metairie JCC
(M) April 15	Class- 4:00- 5:00 PM	Metairie JCC

What to wear

- Tennis shoes (no crocs)
- Shorts/t-shirt or light, comfortable clothing

What we will learn

- Fundamentals of good motor skills to improve our general abilities in physical activities
- Increase our aptitude in multiple sports when it comes to rules and how to play them.
- Sportsmanship: what it means and how to implement it.

What is your role as a Parent or Guardian?

- Have your child ready to practice by having him/her on time and dressed.
- Reinforce good sportsmanship and help explain ways to deal with frustration.