

# THE OUTSTANDING, AWARD-WINNING, AND ONE-OF-A-KIND INNER ATHLETE ON THE RUN TRAVELS TO SCHOOLS!!



TIA on the Run provides enrichment activities for schools, daycare centers, and community centers that focus on the development of fine and gross motor skills through the introduction of sports. Children will be exposed to more than ten sports during each session. Our goal is to help every child discover something they love to ensure a long-term active lifestyle. TIA's fun age-appropriate program is designed to follow a purposeful and organized curriculum that not only strengthens the child physically but mentally and emotionally as well. TIA's highly trained coaches promote self-worth through coaching using positive reinforcement and always stressing the value of teamwork. TIA on the Run classes are 45-minutes long and run weekly.

## -Sports Include:

**Basketball, Soccer, Hockey, Tennis, Volleyball, Football, Golf, Baseball/Softball, Bowling, Yoga, and Track and Field**

## DETAILS:

TIA On The Run - Standard 8 Week Program  
(Other options available)

**Location Options:** TIA travels to your child's school, or schools can have class at our huge indoor athletic facility located at 720 Monroe Center, Suite C409, Hoboken, NJ 07030

## Cost:

Classes Held at Child's School: \$240

Classes Held at TIA's Sports Center in Hoboken: \$180

\*Minimum of 8 students to run a class // 15% Sibling Discount Available // No makeups or Pro-rated rates available // 10% Discounts on TIA Birthday Parties for enrolled children

Registration: Fill out registration package with payment (check only) made to: The Inner Athlete.

**\*Payment must be made and Registration must be completed at least one week prior to the first class and returned to your child's school director or principal\***

