

S.W.A.T For Tots Program

Our Goal:

To inspire young children through engaging with fun sports activities, fostering physical development, teamwork, and confidence in a safe and nurturing environment.

Age Groups:

1. Tiny Tots: 18 months to 2.5 years old
2. Tater Tots: 2.5 years old to 4 years old

Program Objectives

- Physical Development: Enhance balance, coordination, agility, and basic motor skills.
- Social Skills: Foster teamwork, communication, and social interaction in a fun, supportive environment.
- Cognitive Skills: Introduce basic concepts of sports, rules, and structured play.

Class Structure

Tiny Tots (18 months to 2.5 years old)

- Duration: 50 minutes
- 15:1 Coach Plus Parents Class Size
- Activities:
 - Basic movement exercises (running, jumping, and balancing)
 - Simple ball activities (rolling, kicking, and catching)
 - Interactive games that encourage social interaction and following instructions
 - Parental involvement for support and encouragement
 - Cool down and relaxation activities to conclude the session

Tater Tots (2.5 years old to 4 years old)

- Duration: 50 minutes
- 7:1 Class Size
- Activities:
 - More advanced movement exercises (hopping, skipping, and obstacle courses)

- Basic sports skills (dribbling, passing, and shooting with a ball)
- Team-based games and activities to encourage cooperation
- Introduction to simple rules and sportsmanship
- Cool down and relaxation activities to conclude the session

Core Values

- Fun and Engaging: Ensure all activities are enjoyable to keep children motivated and interested.
- Safety: Prioritize the safety of all participants with appropriate equipment and supervision.
- Inclusivity: Make sure all children, regardless of skill level, can participate and benefit from the program.
- Positive Reinforcement: Use encouragement and positive feedback to build confidence and self-esteem.