



**ANDOVER  
ACADEMY**  
WHERE LEARNING IS FUN



# October 2025

## Contact Information

Please ensure that your contact information is up to date AND that your voice mailbox is setup and NOT full.

## Halloween Parade!

Our Halloween Parade will be on Thursday October 30th at 10am and parents are invited! More details will be given out exclusively via Remind! The Teacher Pumpkin Decoration Contest and Classroom Halloween Parties will be on Friday October 31st!

## Diwali Parade!

Our Diwali Parade will be on Wednesday October 24th - more details will be given out exclusively on Remind.

## Lunch Snacks/Treats

We want to make sure that our students are consuming a healthy and nutritious lunch. Snacks/Treats are fine but please balance it out with some fruits & vegetables. We have seen some lunches with a sandwich, Oreos, Fruit-Roll-Ups (NOT a real fruit!) and Doritos - please limit to one (1) snack/treat. Thanks!

## RETURN Andover Clothes

Accidents happen, but please remember parents to return Andover clothes so we have enough for other students. Thanks!

## LABEL EVERYTHING

Please label your students items so it is easier for us to track and identify items. Remember to periodically check to see that the label is not fading or rubbing off!

## Sign-In/Out

Please ensure that you COMPLETE the sign-in/out process and confirm that your child is signed in and out. Thank You!

## CRIB SHEETS, TOWELS/RAGS

Thank you so much for the donations, we are in need of crib sheets, old towels and rags - please help...Thanks!

## Firefighters Visit

The fire truck and firefighters will visit us on Monday October 6th

**Andover Academy**  
8501 Cleary Blvd.  
Plantation, FL 33324  
954 577-9701  
954 472-6659 (F)  
[www.andoveracademy.net](http://www.andoveracademy.net)



## Reminder

- Thursday October 2nd, Monday October 13th and Monday October 20th are Camp Days for us. Broward County Public Schools are CLOSED.



# NUWAR KENPO KARATE

## ON THE QUEST TO BE THE BEST

45 minute weekly classes

only \$50 per month



### The Art of Kenpo Karate:

- Enhances brain and body coordination
- Builds self esteem and positivity
- Teaches Awareness of their environment
- Teaches self defense strategies
- Teaches discipline and respect
- Teaches confidence and leadership skills



We accept checks written to **NUWAR KENPO** or Venmo & Zelle  
Please note students name on comment line



**VENMO:**

@Montaser-Nuwar



**ZELLE:**

954-793-9700

"MONTASER"



Like us on  
Facebook

**NUWAR KENPO WARRIORS**

Private group for Parents & Students  
Follow up on educational videos  
supporting classes

Detach bottom portion and submit with payment

#### STUDENT INFORMATION:

DATE:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

#### PARTY RESPONSIBLE FOR PAYMENT:

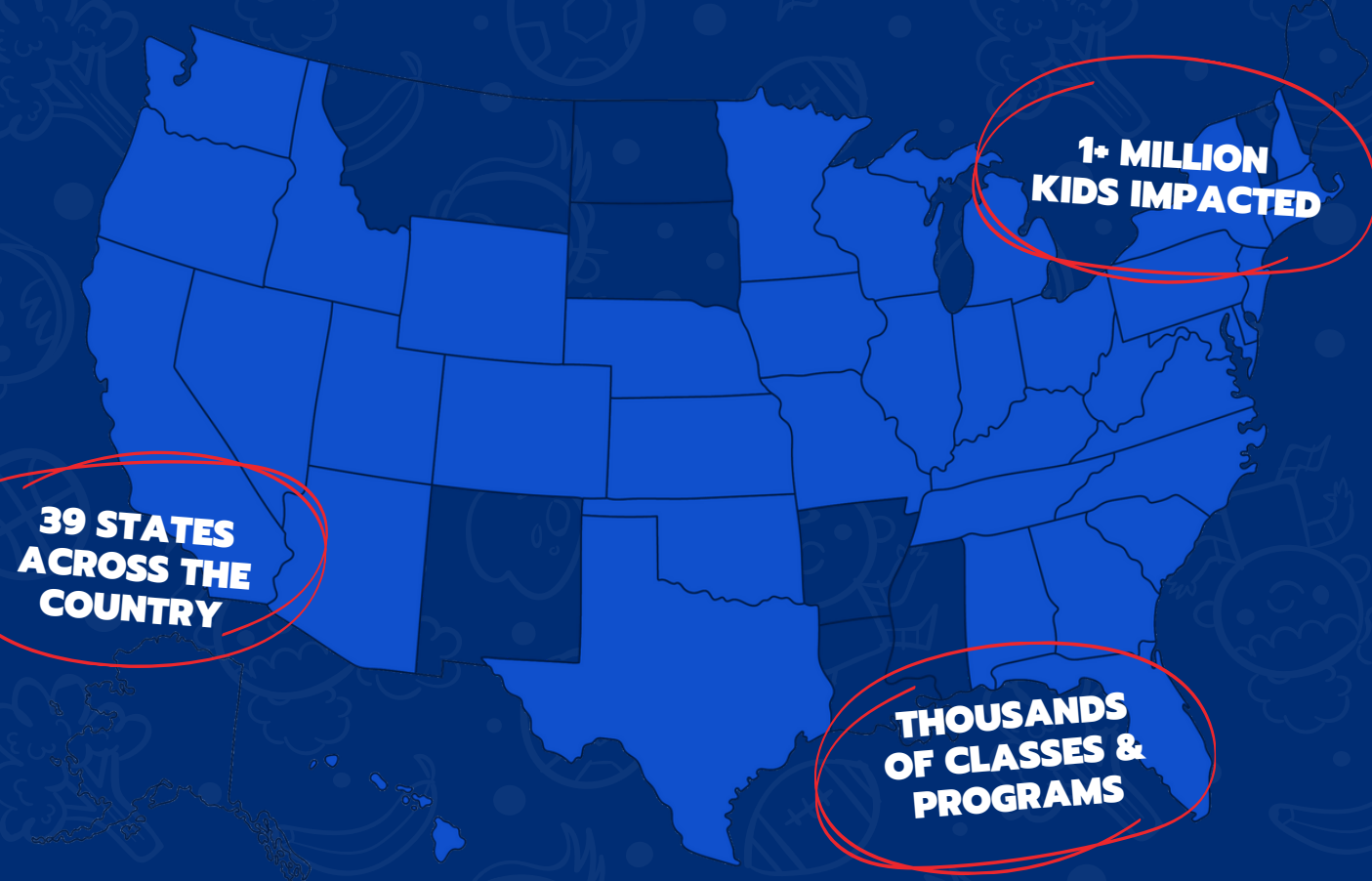
Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Other: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

**NUWAR  
KENPO  
KARATE**

# WHERE EVERY KID IS AN ATHLETE



## Amazing athletes®

**THE NATION'S #1  
EDUCATIONAL  
SPORTS PROGRAM**



YOUTH ATHLETES UNITED BRANDS

**YOUTH  
ATHLETES  
UNITED**

**soccerstars**

**Amazing  
athletes**

**TGA**

[youthathletesunited.com](http://youthathletesunited.com)



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## WHO WE ARE

### PLAY • LEARN • PERFORM

Amazing Athletes is an educational sports & fitness program endorsed by child development experts designed to help children reach motor development milestones while building confidence through positive movement experiences.



## FOR OVER 20+ YEARS

We've been partnering with schools and communities, helping to set kids on a path to an active and healthy lifestyle by teaching them the basics of **sports, health, and nutrition**. By introducing kids to a variety of sports and physical activities, we give them an opportunity to discover and explore to find what they most enjoy and can pursue as they grow.

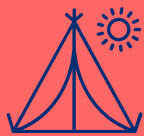
# WHAT WE DO

We partner with early childcare facilities, daycares, preschools & elementary schools to provide weekly physical education classes. We offer year-round classes, structured sport play during recess, as well as seasonal before & after school programming.



## EDUCATIONAL SPORTS CLASSES

Our classes rotate up to 2 sports each week and our progressive curriculum includes imagery and fun games.



## SUMMER CAMPS

We offer a variety of themed camp curricula to fit any schedule - 1-3 hour classes, 1 day, 1 week, or all summer long



## HOLIDAY CAMPS

We offer holiday and break camps to keep the kids active, give teachers time off and provide fun programs for the kids. 1-3 hour classes, 1 day, 1 week, or all summer long



## FIELD DAYS/ FIELD TRIPS

Our sport & fitness themed parties are fun, high-energy, and entertaining - for a fraction of the cost of typical birthday party venues!

Activities offered vary by location.



# WHAT MAKES OUR PROGRAM AMAZING?

At Amazing Athletes, we use sports as a catalyst to empower kids to discover their inner strength and athletic abilities. From toddlers to middle schoolers, we offer programs to inspire active futures. Now that's **amazing**!

- ✓ YEAR-ROUND CLASSES
- ✓ BASIC FUNDAMENTALS OF 10 SPORTS
- ✓ KEY MOTOR SKILL DEVELOPMENT
- ✓ CONFIDENCE & TEAMWORK
- ✓ MUSCLE GROUP IDENTIFICATION
- ✓ FITNESS & NUTRITION

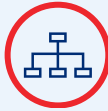
# BENEFITS OF WORKING WITH US

We do it all for you! From processing registrations to facilitating classes with our equipment & coaches, we make it easy for you and for parents.



## FLEXIBLE

We work with you to accommodate your needs & schedule.



## STRUCTURED

Age-specific curriculum for toddler, preschool & school age kids.



## DEVELOPMENT

Lessons promote critical thinking & motor skill development.



## VETTED COACHES

Coaches are thoroughly vetted, background checked, and trained.



## CONVENIENT

We bring all equipment so there's no out of pocket expense for you.



## AMAZING ATHLETES MERCHANDISE

We have branded performance t-shirts for each child included when a registration fee can be applied. We also have branded medals and progress report charts to motivate our students!



INCLUDED WITH REGISTRATION

# OUR AMAZING PROGRAMS



**AGES 18M – 2.5 YRS**

Amazing Athletes Tots is a guided, discovery-based program helping toddlers engage in structured physical activities. Each week, toddlers learn one of 5 sports using color recognition, shape classification, letter identification, and action vocabulary to reinforce locomotor development through play.



**AGES 2.5 – 6 YRS**

Amazing Athletes is our year-round multi-sport program designed to teach the fundamentals of 10 sports, nutrition, muscles, and motor skills in an educational & non-competitive environment. We combine fitness & fun while helping kids develop healthy habits and self-confidence.



**AGES 5 – 12 YRS**

Amazing Athletes P.E. is a progressive skill-based sports program that combines team-based fitness challenges with strength training, making building muscle fun through partner-based exercises. Each week, students focus on one of twelve sports, learning skills and practicing with game play.

# INSPIRING ACTIVE FUTURES

TEACHING LIFE SKILLS THROUGH SPORTS!



**AGES: 4 – 10 YRS**

Explore, learn, and play with Amazing Athletes Sport Discovery! This multi-week program focuses on the first sports experience in 2 to 3 sports – 1 sport every 2+ weeks) – helping kids develop skills with practice, have fun with gameplay, and discover sports they love!



**AGES: 3 – 6 YRS**

Karate Zoo is a high-energy progression-based program that teaches the fundamentals of martial arts in a safe and nurturing environment. We use our Muscle Zoo characters to teach karate skills and values like discipline, patience, and respect.



**AGES 3 – 8 YRS**







Little Rookies is a youth baseball program that teaches the fundamentals of baseball in station-based activities. Our fun, action-packed sessions empower children to learn the basics of baseball skills, rules, concepts in less 2000 square feet of space.



GROUNDWORK FOR A HEALTHY LIFESTYLE

SETTING KIDS ON A PATH TO AN ACTIVE FUTURE WITH FUN & EDUCATIONAL MULTI-SPORT PROGRAMS

PLAY

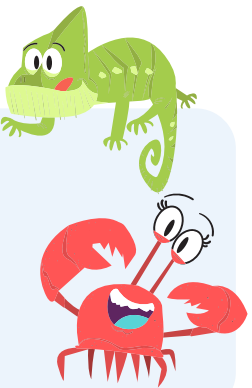
-  **BASKETBALL**
-  **FOOTBALL**
-  **VOLLEYBALL**
-  **TENNIS**
-  **SOCCER**
-  **HOCKEY**
-  **GOLF**
-  **BASEBALL**
-  **LACROSSE**
-  **TRACK + FIELD**

Our multi-sport program sets kids on a path to an active & healthy lifestyle by teaching them the basics of sports, health, and nutrition.

LEARN WITH THE HELP FROM OUR FRIENDS

MEET THE MUSCLE ZOO

Get up and move with Kardio Kangaroo and friends as they teach us about our muscles.




GET TO KNOW THE POWERS FAMILY


The Powers Family is on a mission of nutrition, teaching us about power foods & their 'super powers.'



LEARN



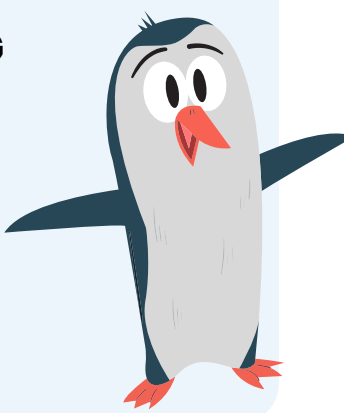
**INTRODUCTION TO NUTRITION**



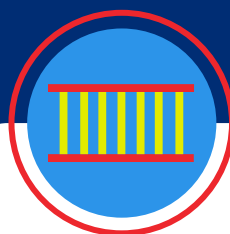
**MUSCLE IDENTIFICATION**

PERFORM

- BALANCING
- CATCHING
- JUMPING
- RUNNING
- THROWING
- KICKING



CLASS OVERVIEW



**WARM-UP**  
**STRETCHES & MR. LADDER**

Warm-up & stretch to get our bodies ready to move



**ACTIVE EDUCATION**

Learn about muscle groups & foods that fuel our body



**ACTIVE SPORT**

Group activities that teach teamwork & cooperation



**PATIENT SPORT**

Activities that practice patience as we take turns



**COOL DOWN**

Cool down our bodies to end class in a relaxed state

# DAYCARE & PRESCHOOL PROGRAMS



## AMAZING ATHLETES TOTS AGES 18M – 2.5YRS

Designed with little ones in mind, the Amazing Tots discovery lessons incorporate important educational developmental properties into structured physical activities combining fitness, learning, and fun all in one! Using age-appropriate developmental milestones, we work with each toddler based on their attention span and physical abilities to ensure a positive first-sport experience.



## AMAZING ATHLETES AGES 2.5 – 6 YRS

Our multi-sport program introduces children to the fundamentals of 10 sports in a fun non-competitive environment, helping them to develop physical literacy, learn about nutrition and muscle identification, and master 6 key motor skills. Designed to provide both variety and repetition through interactive sports lessons, classes focus on skill development and personal progression.

# IMAGINATIVE CURRICULUM

TEACHING & LEARNING THROUGH PLAY

Amazing  
athletes

SAMPLE LESSON PLAN  
Week 1

1

WARM UP 7-9 MIN

STRETCHES

OBSTACLE COURSE

MR. LADDER

COUNT-IT-OUT PLYMETRICS  
Starbursts

2

ACTIVE EDUCATION 5-7 MIN

MUSCLE ZOO

POWERFOOD  
Mr. Powers

MOTOR DEVELOPMENT  
Catching

3

ACTIVE SPORT 10-12 MIN BASKETBALL

EXPLORE  
Defensive Shuffle

NAVIGATE  
Shoot

CELEBRATE  
Shot Clock Game

4

PATIENT SPORT 10-12 MIN TENNIS

EXPLORE  
Ready Shuffle

NAVIGATE  
Serving

CELEBRATE  
Dye the Egg Game

5

COOL DOWN 3-5 MIN

CLOSING ACTIVITY  
Beanbag Clap

RELAX STRETCHES  
Cobra + Lion

Ben Bear

Muscle:	Biceps
Muscle Movement:	Bear Crawl
Iso Movement:	Bicep Flex
Primarily Located:	All over the w
Eats:	Meat, Fish, P
Color:	Brown, Black, Multi-color
Sounds:	Growl

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athletes

MUSCLE

Maggie Powers

Superpower:	Invincibility
Power Foods:	Grapes + Pineapple
Natural Benefits:	Manganese

Amazing  
athletes

POWERS FAMILY

## EARLY CHILDHOOD DEVELOPMENT

Our curriculum is designed to provide both variety and repetition through interactive sports lessons that focus on skill development and personal progression.

# ELEMENTARY & PARK PROGRAMS



## EARLY DROP OFF

Students are active and engaged through structured sports play, in a safe environment, before the school day begins.

- 1 -2 hrs of instruction per class
- 1-5 days per week

## AFTER SCHOOL

We offer the opportunity for students to develop physical and social-emotional skills through sport after their school day has ended.

- 1-2 hours of instruction per class
- 1-5 days per week



## HOLIDAY BREAK CAMPS

We provide a safe & engaging place for students to be active, interact with peers and develop life skills through sport even when school is not in session.

- 1-6 hours of instruction per camp day
- 1-5 days per week



## PROGRESSIVE SKILL-BASED SPORTS LESSONS

Amazing Athletes P.E. is a game-based sports program designed to engage school age kids through sports-specific training & physical fitness challenges. Each week, students focus on 1 of **12 SPORTS**, learning skills & practicing with game play in a non-competitive environment.



## MULTI-WEEK FOCUSED SPORT DISCOVERY & LEARNING

Back-to-back weeks of concentrated play, **3 SPORTS** are introduced and learned over the course of 7 or 13 weeks. With focused structured curriculum, students develop skills of the sport with practice, apply what they've learned with confidence, and discover sports they love through gameplay!

-  **BASKETBALL**
-  **BASEBALL**
-  **FLAG FOOTBALL**
-  **DODGEBALL**
-  **FOOTBALL**
-  **FIELD**
-  **HANDBALL**
-  **KICKBALL**
-  **PICKLEBALL**
-  **SOCCER**
-  **TRACK**
-  **VOLLEYBALL**



# KICKOFF YOUR PARTNERSHIP WITH AMAZING ATHLETES

We look forward to the opportunity to partner to bring Amazing Athletes to your facility and together positively impact kids lives through sport.



## WHAT OUR CLIENTS HAVE TO SAY

Amazing Athletes makes it easy for us to offer a physical education program to our parents, and the program is considered an invaluable part of our school.

— CHILDCARE CENTER OWNER

**BOOK A FREE DEMO TO GET STARTED!**

## CONTACT US

It's easy to bring Amazing Athletes to your location!

- ✓ Schedule day & time for your free demo
- ✓ Create your class schedule
- ✓ Market & promote to spread the word
- ✓ Classes begin & fun starts!

✉ [info@amazingathletes.com](mailto:info@amazingathletes.com)

**VISIT AMAZINGATHLETES.COM**

**LEARN MORE ABOUT US**



# IMPACTING THE LIVES OF OVER 1 MILLION KIDS!

