

dream • explore • create • achieve • dream • explore • create • achieve

Our exclusive **Elements Program** is one-of-a-kind, designed specifically for the Riekes Center's middle-school age students. Many experts in the field of youth fitness agree that kids who begin early training in a diverse range of activities are much more likely to participate in sports and enjoy good health for their entire lives.

The goal of Elements is to introduce youth to fundamental movement patterns through jumping, running, and explosive movement activities. The Riekes Center seeks to create an environment in which each student becomes excited about physical fitness for a lifetime.

Elements classes meet two times per week for one hour, with a maximum of six students per class, focusing on the following:

- Strength and conditioning
- Skill development
- Enhanced bone formation
- Managed weight (gain or loss)
- Reducing anxiety and stress
- Improving self-esteem and self-confidence
- Minimizing risk of diabetes and heart disease factors
- Social interaction
- **Fun and enjoyment**



Please contact the Riekes Center Front Desk at (650) 364-2509 for class times, or email us at info@riekes.org.



Cost: \$125 / month

Financial aid is available for all of our programs. For more information, please contact Jernae Wright at (650) 298-3406, or by email: jwright@riekes.org.