



OUR NONCOMPETITIVE
DEVELOPMENT PROGRAMS OFFER A
SAFE, FUN, NO PRESSURE
ENVIRONMENT FOR KIDS TO **LEARN**
AND ENJOY THEIR FAVORITE SPORT.



To register for our next session,
give us a call or visit our websites.

THINGS TO BRING

- ✓ Water/drink bottle
- ✓ Comfortable shoes
- ✓ Comfortable clothing
- ✓ Bathing suit (swim only)
- ✓ Towel (swim only)
- ✓ Tennis racket (tennis only)
- ✓ **A great attitude!**



NH SPORTSPLEX
603-641-1313
info@nhsportsplex.com

68 Technology Dr.
Bedford, NH 03110



Executive Health &
Sports Center
603-668-4753
info@ehsc.com

1 Highlander Way
Manchester, NH 03103



Youth Athletic Programs



Developing
future athletes
at NH Sportsplex
and the
Executive Health
& Sports Center



Lil' Kickers Soccer 18 mo. - 7 yrs.

Begin your social introduction to sports with Lil' Kickers & end ready to get in the game!



Lil' Laxers Lacrosse

4 - 8 yrs.

Learn and define lacrosse skills before taking the field for tryouts with Lil' Laxers!



Lil' Volleys Volleyball 3 - 12 yrs.

Every week athletes in this program will have the opportunity to learn the game of volleyball and develop their core fundamentals such as setting, defense and the gameplay of volleyball in a safe, positive environment.



Lil' T-ball

3 - 7 yrs.

Learn the basics of America's game with Lil' T-ball. Our step by step curriculum will prepare any Lil' batter for their first game on the diamond.



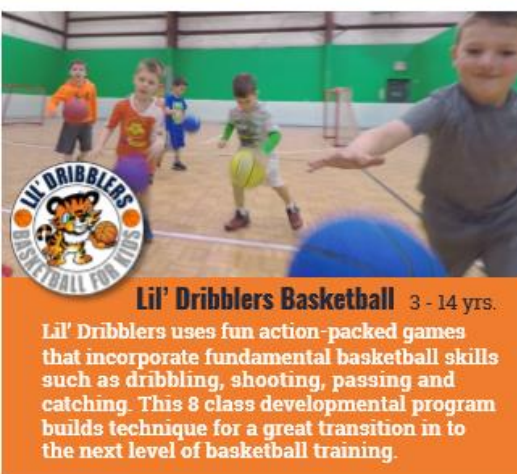
Lil' Sticks Floor Hockey 4 - 8 yrs.

The Lil' Sticks Floor Hockey program introduces kids at a young age to the game of hockey! Each week players learn new drills and techniques to advance their knowledge and skills of the game.



TENNIS FOR KIDS 3 - 18 yrs.

Classes for recreational and competitive players, with unmatched quality instruction from professional staff with experience developing top ranked USTA juniors, college and ATP players.



Lil' Dribblers Basketball 3 - 14 yrs.

Lil' Dribblers uses fun action-packed games that incorporate fundamental basketball skills such as dribbling, shooting, passing and catching. This 8 class developmental program builds technique for a great transition in to the next level of basketball training.



Lil' Sticks Field Hockey 4 - 12 yrs.

Lil' Sticks field hockey is the perfect stepping stone to our Plex Field Hockey program or any school team.



SWIM FOR KIDS 6 mo. - 18 yrs.

Our swim classes encompass eight levels of swimming, ranging from parent and child, stroke refinement, to precompetition. Lessons are conducted in a small group setting to ensure each child receives attention and instruction by our certified instructors.