

Biddeford Recreation Department

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Dear Families,

We're excited to welcome you to **Kick Start Sports Academy** with Biddeford Recreation! This program is designed specifically for children ages **3–6** who are ready to explore the world of sports in a fun, welcoming, and supportive environment. Whether your child is trying a sport for the very first time or looking to build confidence in small group activities, Kick Start Sports Academy provides the perfect introduction.

Program Details

Location: J. Richard Martin Community Center Gymnasium

Dates: Wednesdays, **March 4th – April 1st, 2026**

Time: 10:00 AM – 10:45 AM

Ages: 3–6 years old

Maximum Enrollment: 12 participants

Instructor: Tyler Stewart

Program Philosophy

Kick Start Sports Academy is **not about competition**, it's about creating a positive first experience in sports. Activities are carefully designed to help children grow in three key areas:

- **Motor Skill Development** – Practicing age-appropriate movements such as running, jumping, balancing, and hand-eye coordination
- **Confidence Building** – Learning new skills in a supportive setting that encourages effort, progress, and trying new things
- **Socialization** – Participating in small group activities that promote teamwork, cooperation, and fun with peers

Our goal is to help children develop a love of movement while building confidence to succeed both on and off the field.

Class Structure

Classes are held once per week and include a mix of:

- Sport-specific games
- Physical education-style activities
- Fun, active group challenges

Children will have the opportunity to burn energy, build coordination and balance, and work on focus and listening skills, all while having a blast with new friends. Each session is structured but playful, with plenty of encouragement and movement.

Parent Participation

Please note that **parent participation is required** for this program. Parents or guardians will be asked to remain on the gym floor to assist, encourage, and help guide their child through activities as needed.

We're looking forward to a fun and energetic session and can't wait to kick things off! If you have any questions before the first class, please feel free to reach out.

See you soon,

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