



GO • PLAY • ACHIEVE

FUZE FIT FOR A KID! OVERVIEW FOR HOMESCHOOL GROUPS

Classes are held at FUZE located at 15405 Los Gatos Blvd. #103 in Los Gatos, near Lark Avenue and Highways 880 and 85.

FUZE, a Youth Wellness Associates Company, is a *full-service* health club for kids and teens. Keeping kids moving from station to station and from class to class in a **FUN, ENERGIZED FACILITY** designed to cater to all their wants and needs is what we are about! Typically, most kids are having a blast, sweating it up, getting into better shape, and benefiting from the **FUZE HOMESCHOOL (FH) PROGRAM** in a 1 or 2 days per week curriculum designed for each group of kids, 5-9 or 10-15 yrs. of age (we can accommodate cohort groups simultaneously). Our sessions are private, exclusive Club use and no other community groups or participant member students are in attendance while your OCEAN GROVE HomeSchool group* is being coached.

* "group" is defined as any set of friends, students or families totaling at least 6 children in either 5-9 yr. old or 10-15 yr. old age groups per session; group-pricing is also available at the Membership Office – please call 408.358.7529 and reference HomeShool

Given that more than half of public school children failed all 6 metrics of the Presidential Physical standardized test and more than 1 in 3 kids county-wide are clinically overweight we have an opportunity before us. Hence, the needs of schools and communities exist to improve the physical health, cognitive abilities, & co-related educational improvement factors of such, through strategies & tactics with measurable results and accountability.

FUZE - FH SCHEDULE: 2-DAYS PER WEEK (8 PER MONTH)

TUESDAY 10:00-11:15 AM AND/OR

THURSDAY 10:00-11:15 AM

RATES

\$79 PER MONTH FOR 1ST CHILD, \$69 PER MONTH FOR 2ND CHILD, \$59 FOR 3 + CHILDREN PAID MONTHLY. THERE IS NO ENROLLMENT FEE REQUIRED.

FUZE BENEFITS

Our flexible program was developed with noted pediatric and behavioral specialty group. Our classes are taught by certified youth fitness instructors and caring coaches who are typically former collegiate or professional athletes themselves whose purpose will be to:

Build The Physical and Tools That **SPORTS PARTICIPATION, FUNCTIONAL MOVEMENT**, and Living A **HEALTHY LIFESTYLE** Draw Upon:

- Movement, Strength and Balance
- Reduce The Propensity and Severity Of Injury
- Strengthen The Mental Capacity of Each Child To Perform
- Improve Athleticism Through Aged-based Motor Development Drills
- Increase Speed And Agility Through Lateral, Linear, and Angular Acceleration and Deceleration Techniques Pre-season Building Blocks for Sports
- Provide Cross-sports Training Competencies
- Upgrade The Sports Experience for Every Child
- Teach Life Skills Tied To Physical Education And Sports Conditioning
- Help Limit "burnout" and Increase Mental Toughness
- Reinforce Sportsmanship, Non-Intimidation and Fair Play
- Increase Self-esteem and Build Confidence

We couple proven conditioning and exercise science motor development techniques with additive benefits of interactive fitness - which not only keeps them intrigued - but in itself teaches improved neuromuscular growth and development such as: **HAND/FOOT-EYE COORDINATION, KINESTHETIC AWARENESS, COORDINATION, BALANCE, FOCUS, DISCIPLINE, AND ENJOYMENT** through the latest fitness has to offer. All FUZE FH kids will receive recognition both formal and informal throughout their sessions at the Club.

OUR VALUES

We expect all kids and staff to "live" the **FUZE VALUES** especially that we respect other members and employees. Moreover, "character is what you do or say when no one else is looking or listening"; this is your Club.

COMMITMENT

CHARACTER

RESPECT







ACHIEVEMENT

RECOGNITION

TEAMWORK

PLEASE WEAR COMFORTABLE SHOES AND CLOTHING. BE SURE TO BRING YOUR OWN WATER BOTTLE.

THE FUZE PROMISE

-  We will strive to provide, above all, a **SAFE ENVIRONMENT** as evidenced by our training, our preparedness, our care, and our facility.
-  We will adopt and espouse activities and programs that feature **INCLUSION, COOPERATION,** and a focus on **PERSONAL SUCCESS.**
-  We will ensure and expect a **RESPECTFUL AND NON-INTIMIDATING NATURE** from our employees and our members.
-  We will provide the best available **WELLNESS EXPERIENCE** for our clients through competent personnel and well-planned and executed services.
-  We will foster dialogue and **TRUST** with our members' parents, teachers and others with ongoing and **PROACTIVE COMMUNICATION,** setting clear expectations, and by living an **OPEN-DOOR POLICY** with utmost transparency.
-  We will **HAVE FUN!**

Please contact your ES to officially sign up for your class and be sure to find us under Youth Wellness Associates, for OCEAN GROVE

408.358.7529

15405 Los Gatos Blvd.

www.fuzefit.com