



# Way to Go Camps 2020 Healthy Kids

## OBSTACLE COURSE TRAINING

### About Instructor

#### Andres Leiva

Way to Go Programs Assistant Director and Program Coordinator  
After School Director and Physical Education Teacher at LACS  
Participates in Spartan Races all over the Country including the World Championship Races  
Spartan Race Elite Runner for 3 Year

Ages

Kinder – 10th

WEEK	CLASS	DESCRIPTION
Weeks 1-8	<b>Obstacle Course Training</b>	Campers will learn what the world's fastest growing sport is all about. This new style of fitness is changing people around the globe both mentally and physically. Campers will learn carrying, climbing, swinging, crawling, and running technique. Life and exercise go hand in hand with this creative and fun new discipline in sports.
This group will also include some class activities from Groups 1, 2, 3 and the Basic of Architecture class.		