

# FALL 2024 Children's Therapeutics

Ages 8-12 & 13-17

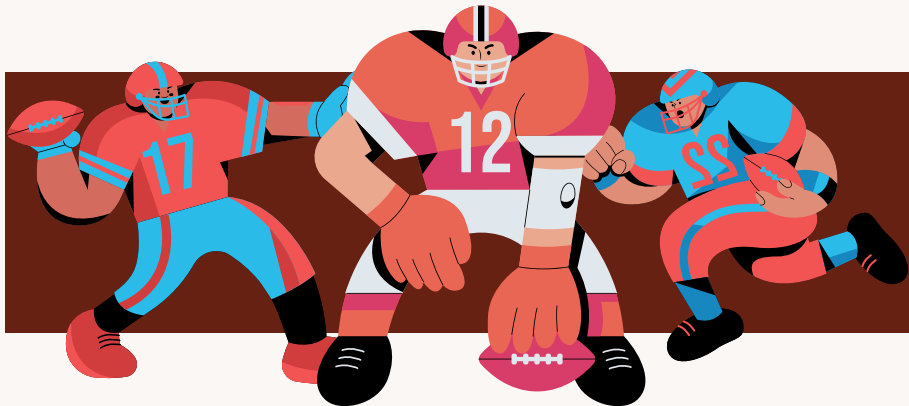


## Crafty Creations

Come and get creative with us in this craft class where participants will work on their creativity, hand-eye coordination, and fine motor skills. Types of crafts will include: paper crafts, mosaics, and upcycling crafts.

**Mondays, 4-4:50pm**

**9/30/24 - 12/16/24**



## All Star Flag Football

In this beginner friendly Flag Football class, our instructors will use a variety of strategies and techniques to provide a safe and fun experience while learning the basic skills of Flag Football. Learning Flag Football can help participants with their teamwork, sportsmanship, and fitness skills. Wear athletic clothes and bring a water bottle.

**Mondays, 3-3:50pm**

Heritage Community Center, 1381 E. Palomar St. , (619)409-5439

