




# STRETCHING


## After School Program


Cost per children: **\$180**




Scan & Register

 **Regist. Deadline**  
3rd Apr

 **Date & Time**  
THU  
4:45 PM to 5:45 PM

 **Grades**  
K, 1st, 2nd, 3rd

 **Activity dates**  
3rd April - 10th April - 17th April - 1st May - 8th May - 15th May

## Stretching

### About the program

Stretching is a physical activity that involves lengthening and flexing the muscles and joints to improve flexibility.

Stretching is a physical activity that involves lengthening and flexing the muscles and joints to improve flexibility, range of motion, and overall physical function. Stretching can be done for various reasons, including before and after exercise, as part of physical therapy, or to improve mobility and prevent injury. The primary goal of stretching is to promote flexibility and range of motion in the muscles and joints. By regularly stretching, individuals can improve their physical function, reduce the risk of injury, and improve their overall quality of life. Stretching can also provide a range of other benefits. For example, it can help improve posture, reduce muscle tension, and improve circulation. Additionally, stretching can be an effective way to reduce stress and promote relaxation. Overall, stretching is an important physical activity that promotes flexibility, range of motion, and overall physical function. It provides a range of physical and mental health benefits and is an important component of a healthy lifestyle.

### Benefits & Goals

- Promotes flexibility and range of motion in muscles and joints.
- Reduces the risk of injury.
- Improves physical function and quality of life.
- Improves posture and reduces muscle tension.
- Improves circulation.
- Reduces stress and promotes relaxation.
- Important component of a healthy lifestyle.

### Instructors & Academies