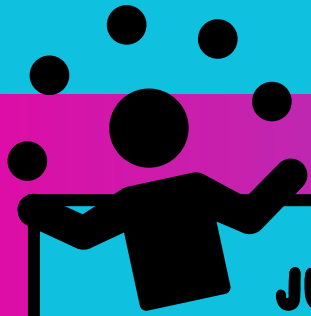




ALLEY-OOP CLASSROOM AGENDA



**JUGGLING
INSTRUCTION!**

**A FUN WAY TO
EXERCISE!**

ENTERTAINMENT!

***Sample Agenda* 30 minute session**

Agendas and coaching sessions can be personalized to fit your exact needs!

5 Minutes

Introduction and skill demonstration

5 Minutes

Stretching/Energy Movement/Breathwork

10 Minutes

Juggling Instruction! Props are included and can be personalized with your school logo!

5 Minutes

Practice and individual coaching!

5 Minutes

Juggling Entertainment!

