

September
11-12-13

Phoenix
Arizona

Instructor
Bill Hubert

Bal-a-vis-x
returns!



Brite Future Events
Presents:
BAL-A-VIS-X



Level 1 + Level 2-3 Hybrid + Adaptive

19 hours of hands on instruction + Book OR Ball Set

Lunch is included both Saturday & Sunday (snacks on Fri)

Schedule: Fri Sept 11th 5 - 9 pm (snacks only)

Sat Sept 12th 8:30 - 6 pm with 1 hour lunch

Sun Sept 13th 8:30 am - 3:30 pm with 30 min lunch



WHAT IS BAL-A-VIS-X?

(for more info on BAVX check out www.bal-a-vis-x.com)

Bal-A-Vis-X (BAVX) requires focused attention, demands cooperation, promotes self-challenge, and fosters peer teaching. It is school friendly and just plain fun. It is a series of challenging exercises that utilize racquet balls, sand bags and balance boards that, in essence improve cognitive function, balance, coordination and so much more.

BAVX exercises number more than 300. Individual Exercises vary in complexity from one hand tossing/catching a single bag OR bouncing/catching a single ball--to both hands bouncing/catching four balls in sequence. Partner Exercises call for as many as six balls to be in simultaneous/sequential motion.

Yet these exercises are not just for the athletic or daring. They are for everyone. First graders are capable of more than half of them, and nine-year-olds can master all but the most intricate. The non-athletic and physically challenged find BAVX well within their ability range. At least 75% of all exercises can be done while seated.

Call Kris at Brite Future Events at 602-616-1438 or go to www.BriteFutureEvents.com for registration info.

Early Registration: \$315 After August 7th \$365 Attendance strictly limited to 60 students! Register Today!