AHA
Anderson Hustle
ATHLETICS

Mighty Movers Program

Ages: 3–5

Program Focus

Physical, Emotional, and Social development of children through developmentally-appropriate “sport-play”.

Activities and equipment from a wide range of sports including:
-Tennis -Golf -Soccer -Gymnastics -Hockey -Volleyball -MORE!

Class Structure

• 30-minute classes | Maximum of 5 students per class

Activities: Warm Up, Stretch, Learn Skill, Practice through Play, Explore Sport

Details can be discussed more specifically with sites and students in mind.

★ FREE CLASS OPPORTUNITY!!

We will come to you and demonstrate a FREE exploratory class with the students!

CONTACT US TODAY

Call: 708-669-9262

info@AndersonHustle.com

AndersonHustle.com

Serving preschool programs and early-childhood schools in the Chicago area

AHA Anderson Hustle ATHLETICS

Mighty Movers Program

Ages: 3–5

MIGHTY MOVERS | AGES 3–5



Physical, emotional, and social development through developmentally-appropriate "sport-play." Children explore activities and equipment from tennis, golf, soccer, gymnastics, hockey, volleyball, and more.

CLASS STRUCTURE

30-minute classes • Maximum of 5 students per class

Warm Up → Stretch → Learn Skill → Practice Through Play → Explore→Cool Down/Reflect

Details can be discussed specifically with each school and its students in mind.

MEET THE FOUNDER

Michael Anderson



Founder of Anderson Hustle Athletics and creator of the Mighty Movers program. Michael's goal is to give preschool children positive, engaging opportunities to explore movement and athletics through fun, age-appropriate play.

WHY MIGHTY MOVERS?

✓ Developmentally appropriate for ages 3–5 ✓ Small-group instruction ✓ On-site programming ✓ Multi-sport exploration ✓ Builds physical, social & emotional skills

★ FREE CLASS OPPORTUNITY!

We come to your school and demonstrate a FREE exploratory class with your students!!

LET'S BRING MIGHTY MOVERS TO YOUR SCHOOL

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