



FALL 2025

7TH-12TH Programs: [Register Here](#)

\$10 Sibling Discount Coupon: **KOC47** - Apply the coupon at the checkout section. Please note the coupon is applied for each child after the first child. No coupon for the first child. One form per child is required

BOXING & MIXED MARTIAL ARTS | 7th-12th | 12 Spots Available

North Campus (Gym, Half Court) | Mondays | 5:15-6:15 pm | 10-weeks | \$200

Session Dates: 9/8, 9/15, 9/22, 9/29, 10/6, 10/20, 10/27, 11/3, 11/10, 11/17

Description: During this one-hour intense session students will learn striking combos and defense techniques, specifically boxing and muay thai. There will be light sparring, but it is optional.

BASKETBALL TRAINING (BALL HANDLING & SHOOTING) | 7th-12th | 8 Spots Available

North Campus (Gym, Half Court) | Mondays | 5:15-6:15 pm | 10-weeks | \$200

Session Dates: 9/8, 9/15, 9/22, 9/29, 10/6, 10/20, 10/27, 11/3, 11/10, 11/17

Description: During this one-hour intense session focuses on conditioning and improving ball handling and shooting. Each session students will go through a sequence of ball handling and shooting drills led by a Coach.

WEIGHT & FUNCTIONAL TRAINING | 7th-12th | 8 Spots Available

North Campus (Weight Room & Field) | Wednesdays | 4-5 pm | 12-weeks | \$240

Session Dates: 9/3, 9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19

Description: During this one-hour session students will learn strength through weights and functional exercises. Each session is led by an experienced certified personal trainer.



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2025 Fall K-6th Programs: [Register Here](#)

\$10 Sibling Discount Coupon: **HJS48** - Apply the coupon at the checkout section. Please note the coupon is applied for each child after the first child. No coupon for the first child. One form per child is required

MULTI-SPORT | K-6th | 25 Spots Available | 12 weeks or 4 week sessions | \$205 per student for season or \$80 per student for each 4-week session.

Description: In the multi-sport program, students will have the opportunity to spend 4-week sessions learning and competing in **Running (Long Distance), Soccer, and Flag Football**. At the end of each sports session they will compete against the students at the other Dominion campus; South Campus (SC) vs. North Campus (NC)! Campus competition days will be on a Wednesday or Friday. (See the schedule below). Students can sign-up for the entire 12-week season, or 4-week session. Each day will start with 15-minute cardiovascular, strength, and agility exercises.

South Campus (Field) | Wednesdays (Some Fridays) | 3:45-5 PM

- Session 1: Running (Cross Country) | 9/3, 9/10, 9/17 | 9/19 - THRIVE GOLD (SC VS NC)
- Session 2: Soccer | 10/1, 10/8, 10/15, | 10/22 - THRIVE CUP (SC VS NC)
- Session 3: Flag Football | 10/29, 11/5, 11/12 | 11/19 - THRIVE BOWL (SC vs. NC)

North Campus (Field) | Fridays (Some Wednesdays) | 3:45-5 PM

- Session 1: Running (Cross Country) | 8/29, 9/5, 9/12 | 9/19 - THRIVE GOLD (SC VS NC)
- Session 2: Soccer | 9/26, 10/3, 10/17 | 10/22 - THRIVE CUP (SC vs NC)
- Session 3: Flag Football | 10/24, 11/7, 11/14 | 11/19 - THRIVE BOWL (SC vs NC)

BOXING & MIXED MARTIAL ARTS | 2nd-6th | 10 Spots Available

North Campus (Gym, Half Court) | Mondays | 3:45-5 pm | 10-weeks | \$200 per student

Session Dates: 9/8, 9/15, 9/22, 9/29, 10/6, 10/20, 10/27, 11/3, 11/10, 11/17

During this one-hour intense session students will learn striking combos and defense techniques, specifically boxing and muay thai. There will be light sparring, but it is optional. Hand wraps for the program.

Contact: whereeverykidthrives@gmail.com

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2025 Fall K-6th Programs (Cont'd): [Register Here](#)

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BASKETBALL SKILLS TRAINING + 3v3 PLAY | 3rd-6th | 10 Spots Available

North Campus (Gym, Half Court) | Mondays | 3:45-5 pm | 10-weeks | \$200 per student

Session Dates: 9/8, 9/15, 9/22, 9/29, 10/6, 10/20, 10/27, 11/3, 11/10, 11/17

Description: This one-hour intense session focuses on improving basketball skills and fundamentals such as ball handling, footwork, defense, passing, and shooting.

VOLLEYBALL DEVELOPMENTAL LEAGUE | 4th-7th Girls | 12 Spots Available

North Campus (Gym) | Wednesdays + Friday Games) | 4-5:15 pm | 8-weeks | \$185 per student

Session Dates: 9/3, 9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22 + Friday Games

Description: This is the developmental program for the girls volleyball program at Dominion Christian. The girls will learn and develop their fundamental volleyball skills. They will play competitive games against other Christian schools in Northern Virginia. Please note some travel might be involved.