

## KidStrong Annapolis - Annapolis

annapolis

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## *KidStrong Annapolis - Annapolis*

### **The Benefits of KidStrong Annapolis Physical Fitness Program**

KidStrong Annapolis, located in Annapolis, Maryland, is a revolutionary physical fitness program designed specifically for children. With a focus on building confidence, strength, and social skills, this program offers an engaging and supportive environment for kids to thrive. Moreover, the facility boasts a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, ensuring inclusivity for all families.

## Why Parents Choose KidStrong Annapolis

Parents rave about the positive impact KidStrong has on their children. One parent notes that their son has grown significantly in confidence and capabilities since joining:

"We originally came to KidStrong to help our child learn confidence. Since starting classes, he has become so much more capable and confident in his abilities!"

With a curriculum that combines physical fitness with essential life skills like public speaking, teamwork, and respect, KidStrong provides a comprehensive experience that encourages personal growth. Coaches are described as

enthusiastic and attentive, catering to each child's individual needs:

"The coaches here? Absolute rock stars! They're not just trainers—they're mentors, cheerleaders, and masters of motivation rolled into one."

## Engagement Through Play

KidStrong's innovative approach includes fun activities and challenges that keep kids engaged while learning. The program integrates water breaks that encourage critical thinking, allowing children to rest while still stimulating their minds:

"I also love the water breaks in between activities where they have a monitor that encourages critical thinking skills."

This dynamic atmosphere not only promotes physical health but also improves children's social skills. Many parents report noticing enhanced confidence and interaction among peers:

"My child looks forward to every session and we've seen remarkable improvements in their coordination, strength, and self-assurance."

## Community and Support

KidStrong Annapolis is not just a fitness center; it's a community. Parents appreciate the friendly and helpful staff who create an inclusive atmosphere:

"The staff is very friendly and helpful. They have been such a great leadership for our son and have really gotten him out of his shell."

The program also offers special events, such as "Parents Night Out," which allows parents to enjoy some time together while their children participate in supervised activities, adding another layer of support for families without nearby relatives.

## Conclusion

In conclusion, KidStrong Annapolis stands out as an exceptional physical fitness program for children. Its focus on inclusivity, life skills, and community makes it an excellent choice for families looking to foster their child's development in a positive, engaging environment. With facilities that cater to all, including those with accessibility needs, KidStrong ensures that every child can enjoy the

benefits of physical activity and social interaction. Highly recommended by parents, this program truly embodies the spirit of nurturing young minds and bodies.

**The address of our establishment is**

2307 Forest Dr, 21401 Annapolis, Maryland - United States (US)

The contact phone of the respective **Physical fitness program** is +1410-216-0144  
And if you want to send a WhatsApp, you can do so at +1410-216-0144

**Our public attention hours are:**

Day Hours  
Monday  
9?AM–1?PM  
Tuesday  
10:30?AM–7:30?PM  
Wednesday  
9?AM–7:30?PM  
Thursday  
10:30?AM–7:30?PM  
Friday  
9?AM–7:30?PM  
Saturday  
12–6:30?PM  
Sunday  
9?AM–1?PM

The website is KidStrong Annapolis

If you wish to alter any information that you feel is not precise concerning this site, we kindly request send a message so that we will fix it at the earliest convenience. In advance thanks for your cooperation.

**Images**



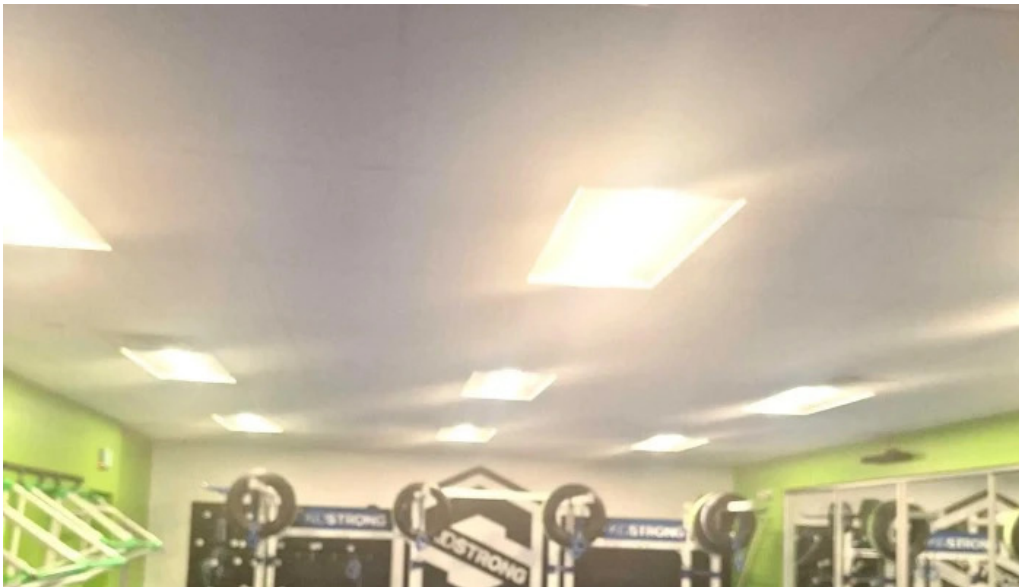
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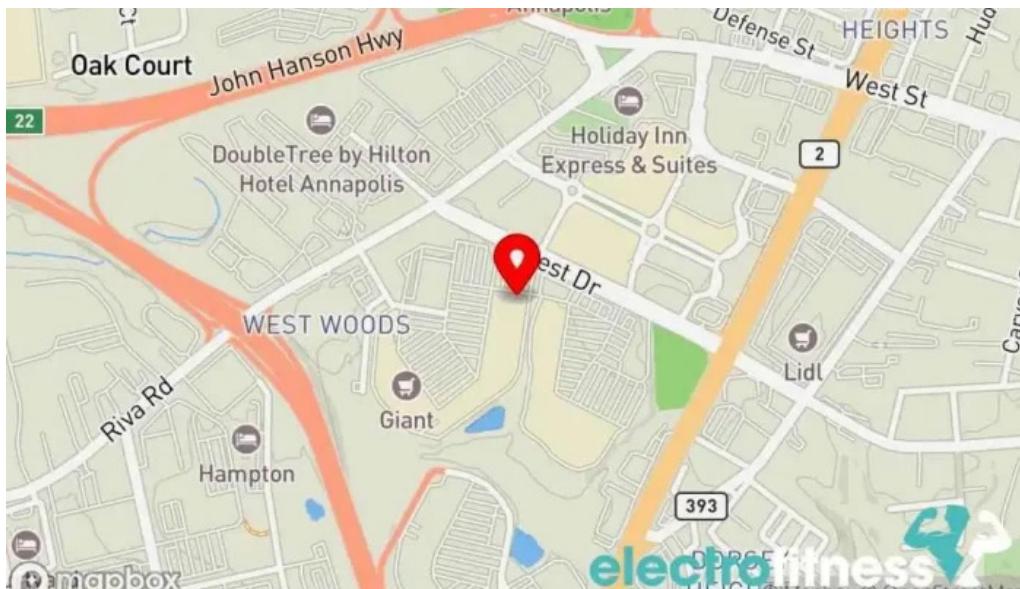




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## Tags

*Wheelchair-accessible entrance, Accessibility, Wheelchair-accessible car park*

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basketball court
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convenience store
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counselor
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coworking space
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dance club
dance company
dance school
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disc golf course
discount store
dive shop
doctor
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health food store



health spa
hiking area
historical landmark
hospital
hotel
hypnotherapy service
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indoor cycling
indoor golf course
indoor lodging
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karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
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massage therapist
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medical group
medical spa
meditation center
metaphysical supply store
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