

Student Achievement

Higher fitness levels produce higher grades!

Fitness Mentorship

Fun with a purpose!

Student Achievement

Student achievement is vital to academic success! Go Fit / Fitness Mentorship is designed to combine a coaching style mentorship with fitness and academic accountability. The goal is to develop a holistic approach to student achievement.

We will offer a supplemental literacy program to assist students in building literacy skills, particularly among struggling students and students from multicultural backgrounds.

Our literacy program includes:

1. Engagement for all learners
2. Proven theories & practices of literacy development
3. Promote lifelong learning
4. Provide evidence-based assessment

We will address 5 components in reading instruction: Phonemic awareness, Phonics, Vocabulary, Fluency and Comprehension.

Research shows that Hip Hop can be used as an effective tool for accomplishing this goal. Hip Hop related content allows for students to draw upon their prior knowledge and interests, thereby increasing their engagement in academic learning. Students practice reading and writing, while drawing from their own interests, forms of expression, and cultural experiences.



The Big Picture!

Our holistic focus will include each of the following:

- Dance Fitness
- Hip Hop Reading & Tutoring Center
- Character Development Curriculum
- Fitness Events & Competitions
- Skits & Theatre Productions
- Summer Fitness Camps
- Mentorship Training for all Mentors

Mentors can be high school students, college students and adults. All mentors will be trained and will have completed an individual background check, in addition to other required guidelines.

Services are offered once a week and weekends. If your child needs additional time based on assessments, we will advise you on dates and times that are available.

There is a standard cost for each student. You will have the freedom to pay directly or participate in our sponsorship and fundraising program. These details are discussed during our orientation.

GO FIT