

SPORTS SKILLS AND GAMES CLASS

GRADES 1-5 | TUESDAYS, 1/21-3/17 | 3:05-4:00

- Improve athleticism, motor skills, coordination and confidence
- Increase flexibility, strength and core stability
- Learn teamwork
- Improve speed, agility and quickness
- Experience many games and sports such as: KICKBALL, ULTIMATE BALL, CAPTURE THE FLAG, TAG, FREE-FOR-ALL and MANY MORE!
- Taught by experienced coaches and Certified Athletic Trainers
- All skill levels welcomed! Maximum 22 students.



The Beaverton School District does not sponsor or endorse the information and/or activities in Community Flyers.

For MORE INFO and to REGISTER online:

sports.bluesombrero.com/hardcorefitness

Cost: \$115 **Register by 1/5 to save \$10 (No class 2/18)

Questions? Hardcorefitness.llc@gmail.com

