

# SPORTS SKILLS AND GAMES CLASS

GRADES **K-3** | THURSDAYS, 1/23-3/19 | 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](https://sports.bluesombrero.com/hardcorefitness)**

**Cost: \$115      \*\*Register by 1/5 to save \$10      (No class 3/12)**

**Questions? [Hardcorefitness.llc@gmail.com](mailto:Hardcorefitness.llc@gmail.com)**

