

Winter 2020

Archer Glen After School Classes

SPORTS SKILLS AND GAMES CLASS

GRADES 1-5 | THURSDAYS, 1/23-3/12 | 2:20-3:20

- Improve athletic skills
- Increase flexibility, strength and core stability
- Develop motor skills
- Increase coordination
- Improve confidence
- Learn teamwork
- Improve speed, agility and quickness
- Play KICKBALL, DODGE BALL, CAPTURE THE FLAG and MORE
- Taught by experienced coaches and Certified Athletic Trainers
- All skill levels welcomed! Maximum 22 students.



For MORE INFO and to REGISTER online:

sports.bluesombrero.com/hardcorefitness

Cost: \$115

**Register by 1/5 to save \$10

Questions? Hardcorefitness.llc@gmail.com

