


Spring 2018 

Middleton Elementary After School Class

FOOTBALL-INSPIRED GAMES

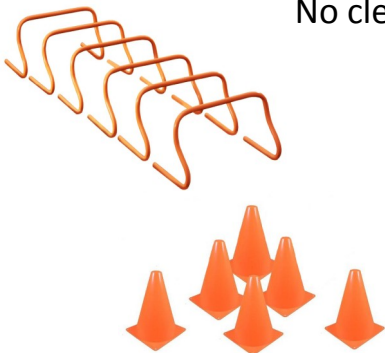
GRADES 2-5 | MONDAYS, APRIL 2–MAY 21 | 2:20-3:20



Do you **LOVE** playing **FOOTBALL** with your **FRIENDS**?? If so, **THIS CLASS IS FOR YOU!** Come join us for a great workout and lots of fun playing **TOUCH FOOTBALL** and other Classic Football-inspired games such as **GOLDEN HANDS, 500, and more.** We will also compete in **SKILL DRILLS like they run in the NFL Combine.**

This class will emphasize good technique and skills while we reinforce safe contact and teach proper tagging in games like touch football. The activities help students improve coordination and confidence, teach teamwork, and help kids build a love of physical activity.

No cleats needed—gym shoes only.



This session will be coached by Darrin Halley, Personal Trainer and Performance Enhancement Specialist.

All skill levels welcomed!

Cost: \$100

Questions: hardcorefitness.llc@gmail.com

Register online at:

<http://sports.bluesombrero.com/hardcorefitness>

