

Winter 2019

Bonny Slope After School Classes

# SPORTS SKILLS AND GAMES CLASS

GRADES K-2 | TUESDAYS, JANUARY 22-MARCH 12 | 3:10-4:10

GRADES 3-5 | THURSDAYS, JANUARY 24-MARCH 21 | 3:10-4:10

NO CLASS 3/14



This class is designed to help students improve their athletic skills, learn and play multiple sports and have tons of fun! We will perform a variety of sports, drills, games and relays. Basic athletic skills will be introduced by our certified personal trainer and coach. We will use **speed ladders, hurdles, cones, and more** to practice drills

and relays that increase flexibility, strength, and core stability. We will put those skills to good use in team-based games such as **KICKBALL, DODGE BALL, and CAPTURE THE FLAG,** that engage imaginations, encourage teamwork, develop motor skills, and keep children active and healthy.

Athletic Training is beneficial for enhancing sports performance in athletes of all sports, as well as for improving coordination and efficiency of movement. Specialized Speed, Agility, and Quickness drills train the body to move with precision in all planes of motion with the maximum force and velocity.

**Our focus is to give kids a wide range of sports knowledge and experience to help them feel confident, build coordination, and learn a love of physical activity!**

This session will be coached by an experienced Personal Trainer and Coach.

This class is designed for students who are ready to take their sports to the next level. All skill levels welcomed!

Maximum 22 kids per class.

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

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

**Early bird registration by 1/14: \$100**

**Starting 1/15: \$110**

**REGISTER ONLINE AT:**

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

