

Spring 2020

Alberta Rider After School Classes

## BASKETBALL CLASS

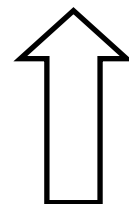
GRADES K-3 | 8 TUESDAYS, 4/7-5/26 | 2:35-3:35

- Increase ball handling skills
- Improve shooting Skills
- Develop footwork
- Gain coordination
- Build confidence
- Learn teamwork
- Maximum: ONLY 16 students



ALL CLASSES TAUGHT BY  
CERTIFIED, EXPERIENCED  
TRAINERS.

All skill levels welcomed!



## FUN WITH SPORTS AND GAMES

GRADES 1-5 | WEDNESDAYS, 4/8-5/27 | 2:35-3:35

- High-energy movement
- Recess favorites taught and played
- Individual and team-based activities
- Play many games such as: Kickball, Capture the Flag, Ultimate Ball, Free-for-All, Tag and more
- Makes fitness FUN
- Builds confidence, coordination and teamwork



For MORE INFO and to REGISTER online:

[sports.bluesombrero.com/hardcorefitness](https://sports.bluesombrero.com/hardcorefitness)

Cost: \$115 each \*\*Register by 3/21 to save \$10

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

