

K - 6TH GRADE

Amazing Athletes[®] P.E.

PROGRESSIVE SKILL-BASED SPORTS LESSONS

PLAY

- BASKETBALL
- FOOTBALL
- VOLLEYBALL
- SOCCER
- BASEBALL
- TRACK + FIELD
- CAPTURE THE FLAG
- DODGEBALL

LEARN

- NUTRITION
- SELF-CONFIDENCE
- TEAMWORK
- MOTOR SKILLS
- CONDITIONING

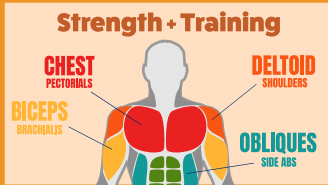
PERFORM

- SPEED
- AGILITY
- FLEXIBILITY
- STRENGTH
- COORDINATION



CLASS OVERVIEW

Warm-Up
Moving +
Stretching



Sport Focus



Sport Relay + Game



Cool Down

Relax + Stretch
Nutrition
Motivation

CLASS

DETAILS: Each one of our weekly classes includes the following sections:

- Advanced Fitness Challenge
- Stretching + Flexibility
- Speed + Conditioning
- 10 Major Muscles
- Advanced Sport-Specific Skills
- Team-Building Activity
- Strength Training
- Nutrition Discussion

Coming to Crookshank Elementary
Thursdays 3:00-4:00. Sept 8 - Dec 15, 2022
FREE Registration, \$15.00/class (paid monthly)
Don't miss out! Sign up today!!

Click HERE or Scan to Enroll

Contact us about staff or sibling discount



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