

First Session:

- Water Games
- Soccer
- Football skills
- Dodge ball
- Capture the Flag
- Track & Field
- Speed Training
- Team Building Activities
- Relays
- Obstacle Courses
- ...and more!!!

Second Session:

- Basketball Skills
- Kickball
- Wiffle-Ball/T-Ball
- Volleyball skills
- Crazy Races
- Coordination Activities
- Conditioning
- Water Games
- ...and more!!!

After-School Sports Club

MONDAYS

3:15 p.m. - 4:15 p.m.

First Session: Sept. 5 - Dec 15

Second Session: Jan. 16 - May 4

Re-registration : Dec. 18 - Jan. 10



Cost & Details...

- \$185.00 per semester & starts Sept. 5 & Jan. 16.
- Bring a towel and wear clothes and shoes that can get wet during the first & last three weeks of classes!
- Meet your coach in the PE room on Mondays at 3:10.
- Wear tennis shoes and comfortable uniform clothing on Sports Club days. Students may also change into workout attire.

A Sports Club for K - 4th grade!



The Sports Club is a great way to become more physically fit, build physical agility, endurance and prepares students for future sports teams! Come join us for some fun co-ed physical activities that will get your heart pumping! Students will be coached on the basic skills by playing sports and games in a positive environment. No one sits on the bench, EVERYONE plays! Our focus is on building skills, enhancing technique, having fun, teamwork, creating healthy habits, and encouraging good sportsmanship.





Sports Club Registration



Please attach \$185.00 for the semester to enrollment form. Checks made payable to Arizona Instruction and return to front office in an enclosed envelope labeled Arizona Instruction by August 25 for first semester & January 10 for second semester.

Child's Name _____ Grade _____ Teacher _____

Parent's Name _____ School (PAINTED ROCK)

Cell Phone _____ Cell Phone _____

Email _____ Food Allergies _____

Is your child enrolled in the after school program (Boulder Club)? _____

Please list and explain any physical or medical concerns coaches need to be aware of below:

All students should meet the coach in the GYM after school at 3:10. We understand that we must pick our child up at the conclusion of the Sports Club in the MPR if they are not enrolled in the after school Boulder Club. Students NOT picked up will be sent to & signed into Boulder Club for after school care. Please note that NO class will be held the week of Thanksgiving.

We recognize and acknowledge with any physical activity in spite of supervision and vigilance, accidental injuries can and do occur. We agree to hold Arizona Instruction, its owners, coaches, and subcontractors harmless from any claims of responsibility for any such happenings and agree to forebear from any demand, claims or lawsuit arising from any such occurrence. We understand photos and video may be taken of my child and may be used for yearbook, flyers, etc.

Parent's Signature _____ Date _____