

# ARIZONA INSTRUCTION

## AFTER SCHOOL ENRICHMENT CLASSES & CLUBS

<https://arizonainstruction-sca.jumbula.com>

**REGISTER BY AUGUST 30 & JANUARY 5**



## After School Sports Club

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.



### First Session:

- Water Games
- Soccer skills
- Football skills
- Dodge ball
- Capture the Flag
- Track & Field
- Team Building Activities
- Relays
- Obstacle Courses

### Second Session:

- Basketball skills
- Kickball
- Wiffle-Ball - T-Ball
- Volleyball skills
- Crazy Races
- Soccer skills
- Coordination Activities
- Conditioning
- Water Games
- ...AND MORE!!!

### SESSION ONE

SEPTEMBER 6 – DECEMBER 6

### SESSION TWO

JANUARY 10 – APRIL 17

**PICK UP IN BLUE  
ZONE AT 4:15 P.M.**

No clubs held on half days /  
no school days.



**\$230**

per session

**WEDNESDAY - 3:15 PM TO 4:15 PM**