

WE GOT GAME FITNESS

Where: Woodsboro Elementary

Who: This program is open to anyone in all surrounding areas age 4-8

When: Starts Monday Nov 6th or Wednesday Nov 8th

One choice as follows:

***Mondays 5:15-6:00pm for 4-5yo**

***Wednesdays 5:15-6:00pm for 6-8yo**

***Wednesdays 6:15-7:00pm for 4-5yo**

Length: The program will offer six sessions, one per week. Sign up for the time slot that works for your family.

Cost: \$37 includes T-shirt; \$30 no T-shirt

Sign up: www.wnmrcsports.com

What

We Got Game Fitness will offer a fun learning environment that will introduce young athletes to the following through drills and games:

***Agility (ladders, hurdles, forward, backward, lateral movements)**

***Balance**

***Hand-eye and Foot-eye coordination**

***Athletic movement including plyometrics (jumping)**

***Sportsmanship, socialization, confidence**

***FUN, FUN, FUN!!!**



Coach-Michael Fyock

CPR and First Aid Certified, Concussion, Heat Acclimation training. Nationally Accredited Interscholastic Coach through NFHS and multiple certificates for Soccer, Wrestling and Football.

Contact: Michael Fyock wnmrecfitness@wnmrc.org Cell: 240-344-1904