

SOCCER FITNESS FUN

Super Soccerstars

AT SUNSET RANCH ELEMENTARY!

Move, learn, build and have fun with fitness-based soccer activities & games!
Each class is **1 hour** with approximately **40 minutes** of active soccer play, plus
water breaks and instruction

AFTER SCHOOL ON TUESDAYS: JANUARY 20 - MARCH 17

DETAILS:

Sunset Ranch Elementary- On campus field

TK/K: Coach pick up

Grades 1-3: Walk to field

**DATE: EVERY TUESDAY (SCHOOL CLOSURES
EXCLUDED)**

JANUARY 20TH - MARCH 17TH (EXCEPT FEB. 17TH)

TIME:

TK/K: 2:30-3:30 PM

GRADES 1-3: 3:40-4:40 PM

All skill levels welcome • Program subject to minimum enrollment

**Scan to
Sign Up!**



OPENING HUDDLE

WEEKLY ACTIVITY
INTRO



SOCCER FITNESS GAME

INDIVIDUAL &
TEAM



SKILL BUILDING

FUN GAMES CHANGE
EACH WEEK



CLOSING HUDDLE

COOL DOWN +
MOTIVATION



CONTACT

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