

**BETTENDORF MIDDLE SCHOOL  
2021 SUMMER FITNESS PROGRAM**

Dates: June: 15<sup>th</sup> 17<sup>th</sup> 22<sup>nd</sup>, 24<sup>th</sup>, 29<sup>th</sup>  
July: 6<sup>th</sup>, 8<sup>th</sup>, 13<sup>th</sup>, 15<sup>th</sup>, 20<sup>th</sup>, 22<sup>nd</sup>, 27<sup>th</sup> & 29<sup>th</sup>

Times: 9:00 a.m. – 11:00 a.m.

Activities: 1<sup>st</sup> Hour and 20 Min

- Agility, Acceleration, Speed Work Outs
- Ladders - Speed Hurdle Training-Footwork Drills
- Core Strength and Cardio

2<sup>nd</sup> 40 Min

- Games/Sports
- Mat Ball, Dodge-ball, Capture the Flag
- Basketball, Soccer, Volleyball

You do not have to come to all sessions. We have an open door policy.

Who: All incoming 6<sup>th</sup> graders and any 7<sup>th</sup> or 8<sup>th</sup> grader for the 2021 – 2022 school year.

Instructors: Mr. Cole, Mr. Budde & Mr. Hernandez

Cost: \$50.00

Make checks payable to: **SUMMER FITNESS**

Sign up: Send payment and parent signed form to Bettendorf Middle School – Attn. Mr. Cole or Mr. Budde c/o BMS 2030 Middle Rd., Bettendorf, IA 52722.

\*\*We would like to have all students who are interested be able to participate, if finances are an issue please contact one of us.\*\*  
[bcole@bettendorf.k12.ia.us](mailto:bcole@bettendorf.k12.ia.us) or [sbudde@bettendorf.k12.ia.us](mailto:sbudde@bettendorf.k12.ia.us)

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Name: \_\_\_\_\_  
Circle one: male/female

Address: \_\_\_\_\_

Grade (fall 2021): \_\_\_\_\_

Telephone #: \_\_\_\_\_

We have adequate health insurance and will not hold the Bettendorf Community School District and its employees responsible for any injuries that may occur while our son/daughter is a participant at the Bettendorf Middle Summer Fitness Program.

Signature of parent/guardian: \_\_\_\_\_