

**BETTENDORF MIDDLE SCHOOL
2020 SUMMER FITNESS PROGRAM**

Dates: June: 16th, 18th, 23rd, 25th, 30th
July: 7th, 9th, 14th, 16th, 21st, 23rd, 28th & 30th

Times: 9:00 a.m. – 11:00 a.m.

Activities: 1st Hour and 20 Min

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

2nd 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 6th graders and any 7th or 8th grader for the 2020 – 2021 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.
bc Cole@bettendorf.k12.ia.us or sbudde@bettendorf.k12.ia.us

Name: _____
Circle one: male/female

Address: _____

Grade (fall 2020): _____

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: _____