

# OVERTIME ATHLETICS

After School Enrichment at Cascade Ridge Elementary



## COMBO I

**FRISBEE & JUMPROPE**

**\$90.00 per child**

**Tuesdays, 3:00 – 4:00pm**

**10/7 – 12/2 (8 weeks)**

(All grades welcome – will be split into k-2 and 3-5 teams.)

Do you want to try something new!? Join OTA for Ultimate Frisbee. You'll learn a bunch of new Frisbee games including Schtick Disc, Hot Box, Disc Golf, and Crosbee. Come learn to guide the "Flying Saucer"!! Get ready to throw that Frisbee up, up and away. Sign up Today! Jump up! Jump out! Jump for joy! Join Overtime Athletics for a fast paced jump rope program. You'll learn the basic skills of jumping using long and short ropes. We'll begin with solo jumping and then move on to group jumping, tricks and performing routines! We'll play games and learn jumping rhymes like Cinderella, Bubble Gum, and Miss Mary.

## COMBO II

**FLOOR HOCKEY & KICKBALL**

**\$90.00 per child**

**Thursdays, 3:00 – 4:00pm**

**10/9– 12/4 (8 weeks)**

(All grades welcome – will be split into k-2 and 3-5 teams.)

You shoot, you SCORE! Come play the fast-paced game of floor hockey. Coaches will teach you stick handling, dodging, ball control as well as shooting and defensive skills. Games like Run and Rip, World Cup and Ground Ballhogger will test your skills and keep the class energized! Join OTA for this playground favorite! Knock it out of the park with a big kick and use those same feet to motor around the bases. This program is all about playing the game. More game time equals more fun! The class will focus on teamwork and sportsmanship. Sign up today!

**All Classes take place directly after school in the gym.**

Questions: [info@otathletics.com](mailto:info@otathletics.com)

**To register: [www.otathletics.com](http://www.otathletics.com)**

Click on Online Registration

Click on After School Programs and your Territory

Select your child's elementary school

Follow Directions and Create Account for Family

Complete registration with payment online

