







# PROCTOR TERRACE ELEMENTARY SCHOOL

K - 3rd



Get **EXCITED** about  
**HEALTH & FITNESS!**

## PLAY

-  **SOCCER**
-  **BASEBALL**
-  **FOOTBALL**
-  **BASKETBALL**
-  **VOLLEYBALL**
-  **TRACK + FIELD**

## LEARN

**ADVANCED  
MOTOR SKILLS**

+

**MUSCLE  
CONDITIONING**

## PERFORM

**SPEED | MUSCLE TONE**  
**AGILITY | HAND-EYE**  
**FLEXIBILITY | COORDINATION**



**TUESDAYS 2:30 - 3:15pm**

Enroll online at:

<https://amazingathletes.com/sonomanapa>

**\$50/mo Classes Begin Sept. 10, 2019**

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