



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Home School Physical Education Program



The physical education curriculum will consist of 3 week sessions that introduce sports, games and activities that challenge individuals physically and mentally and foster team building skills.

The Presidential Fitness Test is part of the curriculum and all curriculum is based on national physical education standards. Each class will be led by a trained and certified instructor.

Location: Cooper Street YMCA, 7120 S. Cooper Street , Arlington, TX, 76001

Fall Semester Dates: January 9–May 31 2012

Days of Week:	<u>School Grade</u>	<u>Days of Week</u>	<u>Time of Day</u>
	Pre K-K	Monday and Wednesday	11:45– 12:15 pm
	1st – 4th grades	Monday and Wednesday	12:30– 1:30 pm
	5th–8th grades	Monday and Wednesday	1:30–2:30 pm
	9th – 12th grades	Fridays	12:30–2:30 pm

All dates and times exclude normal school holidays.

Cost: Participation in YMCA of Arlington programs requires either a program membership or full membership. Program memberships are available for those who wish to participate in YMCA of Arlington programs only. Program memberships are \$30/year or \$45 for family plus the registration fee for each program.

	<u>Members</u>	<u>Program Members</u>
Pre K –K	\$50 per semester	\$65 per semester
1st–12th 1 Child	\$90 per semester	\$110 per semester
2nd child discount	15% off 2nd child	15% off 2nd child
3 or more child discount	25% off 3rd child	25% off 3rd child

Fall Curriculum Activities: Presidential Fitness Testing, Volleyball/Newcomb, Tennis, Flag Football Base Games, Rhythms and Dance and more!!!

Contact: Colleen Overton, Healthy Lifestyles Director, 817-419-9629 or colleen@ymca-arlington.org

YMCA of Arlington’s Mission: To put Christian Principles into practice through programs that build a healthy, spirit, mind and body for all.