



**Toby Wells YMCA • 5105 Overland Avenue • 92123
858-496-8950**

All Work and No Play?

Homeschoolers PE!



Sign up for either one or both classes per week!

Price:

(Per 6-week Session)

	Member	Participant
One 1-hour session per week:	\$60	\$70
Two 1-hour sessions per week:	\$100	\$120

"Childhood obesity is a serious problem . . . About 25 to 30 percent of school-age children in the United States are overweight or obese, which puts them at a high risk for heart disease, diabetes, high cholesterol, sleep apnea, asthma, orthopedic problems, hypertension and other health problems."

This new YMCA PE Program is designed especially for home schooled children between the ages of 7 to 14. The program runs from six weeks and is offered once or twice a week. Tuesdays are fitness and gym-based while Thursdays are sports specific. The sport component will change each session with the fitness-based portion being designed specifically for that particular sport.

Program Curriculum

11:00 a.m. - 12:00 p.m.

February 17 - March 24
Soccer Specific Gym Work

March 31 - May 12
Basketball Specific Gym Work

February 19 - March 26
Soccer Instruction

April 2 - May 14
Basketball Instruction