

# Home School Physical Education Program



Children need to participate in physical activity everyday. This program will improve your child's:

- \* Improve Strength
- \* Increase Endurance
- \* Prevent Obesity
- \* Improve Coordination
- \* Improve Balance
- \* Increase Energy
- \* Improve Posture
- \* Instill Confidence
- \* Create Healthy Habits that Last a Lifetime

Activities will include:

- \* Strength Training
- \* Jump Rope
- \* Sports Drills
- \* Games
- \* Aerobic Classes and more...



## Days and Times

Tuesdays and/or Thursdays

1:30 PM to 2:30 PM

K-9th grade

Classes meet in Room 2

Schedule of activities will be given the first week of class.

## Cost

Members

2 Day Rate                   \$61.00

1 Day Rate                    \$33.00

*\$5 for each additional child*

Program Members

2 Day Rate                    \$82.00

1 Day Rate                    \$44.20

*\$7 for each additional child*

Program Memberships are available for \$20/year. Contact Member Services for more information on Program Memberships at (704) 716-4200.

Please register for this program at our Member Services Desk.