



BUILDING FOUNDATIONS FOR LIFE

Homeschool Fitness Program

The perfect fit for your home school students!

Our Home School Fitness classes are designed to offer home school students the chance to enjoy a wide range of physical activities. From sport-specific lessons to swimming and other organized sessions, kids will have tons of fun making the most of the chance to get moving and be healthy.

Sessions run February - May

Monthly registration is per child:

Members \$50

Non-members \$55

Wednesdays and Fridays at 3 p.m.

Questions?

Jenny Cross jcross@ymcamidtn.org



WEDNESDAY SESSIONS

6-9 YEAR OLDS

- Members \$50; Non-members \$55 (per child)
- Participants may attend all Wednesday sessions for the month
- Welcome email and regular communication will come to all participants regarding what they need to bring for each session (i.e. swim suit, water bottle, etc.).
- No refunds for sessions missed

FRIDAY SESSIONS

10-12 YEAR OLDS

- Members \$50; Non-members \$55 (per child)
- Participants may attend all Friday sessions for the month
- Welcome email and regular communication will come to all participants regarding what they need to bring for each session (i.e. swim suit, water bottle, etc.).
- No refunds for sessions missed

CONTACT INFORMATION

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