

Homeschool Fitness Schedule

Effective September 9th, 2015

| Monday | Wednesday | Friday |
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| <u>SOCCER</u> 3:30-4:20- Ages 5-8 4:25-5:05- Ages 9-13 (FIRST WEEK OF THE MONTH) | <u>YOGA</u> 10:00-10:40 -Ages 3-5 <u>TENNIS</u> 3:30-4:20-Ages 5-8 4:25-5:05- Ages 9-13 (FIRST WEEK OF THE MONTH) | <u>YOGA</u> 11:30-12:05 –ALL AGES (FIRST WEEK OF THE MONTH) |
| <u>FITNESS/NUTRITION</u> 3:30-4:20- Ages 5-8 4:25-5:05- Ages 9-13 (SECOND WEEK OF THE MONTH) | <u>YOGA</u> 10:00-10:40 -Ages 3-5 <u>GROUP SPORTS</u> 3:30-4:20-Ages 5-13 (SECOND WEEK OF THE MONTH) | <u>YOGA</u> 11:30-12:05 – ALL AGES (SECOND WEEK OF THE MONTH) |
| <u>SOCCER</u> 3:30-4:20- Ages 5-8 4:25-5:05- Ages 9-13 (THIRD WEEK OF THE MONTH) | <u>YOGA</u> 10:00-10:40 -Ages 3-5 <u>TENNIS</u> 3:30-4:20-Ages 5-8 4:25-5:05- Ages 9-13 (THIRD WEEK OF THE MONTH) | <u>YOGA</u> 11:30-12:05 – ALL AGES (THIRD WEEK OF THE MONTH) |
| <u>FITNESS/NUTRITION</u> 3:30-4:20- Ages 5-8 4:25-5:05- Ages 9-13 (FOURTH WEEK OF THE MONTH) | <u>YOGA</u> 10:00-10:40 -Ages 3-5 <u>GROUP SPORTS</u> 3:30-4:20-Ages 5-13 (FOURTH WEEK OF THE MONTH) | <u>YOGA</u> 11:30-12:05 –ALL AGES (FOURTH WEEK OF THE MONTH) |

*6 Week Swim Sessions are also available on Mondays for an additional fee: Starts September 14th

Youth 1 (5-8 years): 2:50pm-3:20pm

Designed to progressively teach skills using games & repetition. Skills include bobbing, underwater exploration, basic body movements for the crawl stroke, floating & changing positions.

Youth 2 (9 years and up): 3:25pm-3:55pm

This is for children who are comfortable submerging their faces and know how to swim a distance of 10 feet unsupported by flotation devices or adult assistance.