



**HOMESCHOOL
PE**



LEARN AT HOME, PLAY AT THE Y

JORGENSEN FAMILY YMCA

DATES: TUESDAY FEB. 23RD—MARCH 30TH

TIMES: 1:00PM—3:00 PM

Enjoy being a part of a program that brings together home school students from around the area. Students in Home School PE will benefit from swim lessons, tumbling lessons, sports instruction, and for the older students, a strength training component. Classes include Swimming, Gym, Martial Arts (Judo), Gymnastics/Tumbling, Strength Training/Wellness.

Contact Austin Kelly at Austin_Kelly@fwymca.org for more information.

Homeschool Classes and Times Winter 2

1:00-1:30	Gymnastics (Ages 6-8)	Gym (Ages 9-11)	Swim (Ages 12 and up)
1:40-2:10	Swim (Ages 6-8)	Judo (Ages 9-11)	Strength and Wellness (Ages 12 and up)
2:20-2:50	Gym (Ages 5-8)	Swim (Ages 9-11)	Judo (Ages 12 and up)

Swimming:

The Y's Safety Around Water program teaches children of all ages and from all backgrounds that water can be fun, not scary. Knowing how to be safe around water is one of the most important life skills we can teach our children. It gives them confidence. And it can save their lives.

Judo:

Sensei Dave Larsen is a Second Degree Brown Belt and earned his USJA coaching certificate in 2008. Dave has been trained and mentored for 19 years by 5th Dan Fred Chaipetta of the Mountain Storm Judo Club in Bluffton, Indiana and received the 2010 Virgil Bowels Award in recognition of his leadership and support of the Sport of Judo. Dave is eager to apply traditional Kodokan Judo teaching techniques to help your children learn and embody the YMCA goals of developing their Body, Mind, and Spirit.

Gym:

Participants engage in physical education activities that help children build self-confidence, gain team building strategies, socialize with other home schoolers all while having fun in a safe environment. Our goal is to create a fun and safe environment for our participants to engage in physical activity.

Gymnastics:

This class will introduce your child to tumbling and is designed for fitness and age-appropriate skill development including forward and backward rolls, cartwheels, bridges, and balancing.

Strength and Wellness:

Come learn the importance of exercise and nutrition as we focus on our overall health. Students will also be taught how to build strength using a safe and effective plan. Each student will be given a personal workout log to track their progress.