



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FITNESS STARTS HERE



GET UP  
GET ACTIVE  
GROW STRONGER  
HOMESCHOOL P.E.

## Homeschool PE, Fall `18 ROCKY MOUNT YMCA

A solid foundation in physical activity is a crucial part of a healthy, active lifestyle. The YMCA can help you to provide a high-quality, affordable program that has something to offer to learners of all ages, k-8.

### Variety and Enthusiasm

Our PE program aims to provide participants with well-rounded, engaging physical exercise options. Our instructional staff will not only share their knowledge, but also their enthusiasm for physical fitness. Each week will present sub-units that include:

- Proper warm up and cool down
- Introductory flexibility, cardio and strength training
- Specialty activities including: Yoga, Tumbling, Cycling, Obstacle Courses, Circuit training, Introductory sports skills

### Get Started

Register your student(s) at the Rocky Mount YMCA Front Desk.

- Program runs from September 11th - October 16th on Wednesdays at the Rocky Mount YMCA
- 11:00am-11:45am with age groups 4yr-6yr, 7yr-10yr, 11yr-16yr
- Single child: \$25 for Members
- Multiple sibling discount: \$20 per child (only \$3.30 per class!) for Members
- \$35 for non-members

These materials, and the activity described herein, are not sponsored or endorsed by the Franklin County School Board.

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