



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FITNESS STARTS HERE



GET UP  
GET ACTIVE  
GROW STRONGER  
HOMESCHOOL P.E.

## Homeschool PE, Summer 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, Obstacle Courses, Circuit training, Introductory sports skills

### Get Started

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

- Program runs from 6/20-7/25 on Wednesdays from 1-1:45 at the Rocky Mount YMCA
- Single child: \$25 for Members, \$35 for non-members
- Multiple sibling discount: \$20 per child (only \$3.30 per class!) for Members

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

Rocky Mount  
235 Technology Dr.  
Rocky Mount, VA 24151  
(540)489-9622

Smith Mountain Lake  
293 FirstWatch Drive  
Moneta, VA 24121  
(540)721-9622

Ferrum  
333 Wiley Dr.  
Ferrum, VA 24088  
(540)365-9622