

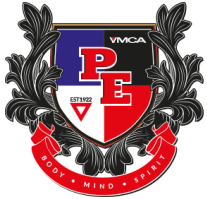
YHOMESCHOOL PE

Homeschool PE is designed to meet the physical education needs of homeschool and charter school children and teens. This program focuses on building physical fitness and enhancing skill development with age appropriate games and activities in the gymnasium, swimming pool, climbing gym and fitness center.

The teen class is led by U.S. Army volunteers.



The YMCA appreciates the U.S. Army for providing both funding and volunteers



Youth will work towards receiving the YMCA Physical Fitness Award.

- When:** Tuesdays and Thursdays
September 13, 2016 through May 25, 2017
- 2-3pm Preschool Age (3-5)
 - 2-3pm School Age (6-12)
 - 3-4pm Teens (Ages 13-17)

Where: Rogue Valley Family YMCA
522 West Sixth Street
Medford, OR 97501

Cost: This class is included with YMCA membership, although registration for the class is required.

Contact: Jeni Beck, Fitness Director
541-772-6295 x104
jbeck@rvymca.org



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**