



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Homeschool Fitness 2016-17 - Important Upcoming Dates:

Starting October 4th class will now be held from 11am-12pm.

October- Basketball 4, 6, 11, 13, 18, 20, 25, 27

November- Volleyball 1, 3, 10, 15, 17

(No Class Election Day 11/8 and Thanksgiving Break: 11/22 and 11/24)

December- FUN MONTH!!! Kickball, Games and Kids Pick Days! 11/29, 1, 6, 8, 13, 15, 20

(No Class Christmas Break: 12/22, 12/27, 12/29, 1/3,)

January-Indoor Soccer 5, 10, 12, 17, 19, 24, 26, 31, 2/2

February-Gymnastics/Strength Training 7, 9, 14, 16, 21, 23, 28, 3/2

March-Swimming/Water Sports 7, 9, 14, 16, 21, 23, 28, 30

TIME CHANGE FOR SWIM: 12:05pm-12:50pm

April-Field Sports 4, 6, 18, 20, 25, 27 (No Class Spring Break: 4/11, 4/13)

May-Physical Fitness Testing, Group interaction development/games 5/2, 5/4, 5/9,

Track date will be 5/11, at the old elementary school track.

Homeschool Picnic 5/16

Your Homeschool Fitness Instructors:

Tammi Coleman

Katie Forehand

Becky Swords

Heather Hale—hhale@family-ymca.org (Special Needs Specialist)

Please feel free to talk to us after class or send us an e-mail if you have any questions or concerns. We are excited to be working with your children during the rest of the school year! Tammi Coleman tcoleman@family-ymca.org