

# **Ron Rosner Family YMCA HOMESCHOOL FITNESS 2016-2017**



**Please join us for our 11th year of Homeschool Fitness beginning Thursday, September 8th.**

**Homeschool Fitness meets from 1-2:30 Mondays and Thursdays in the Ron Rosner YMCA Family Gymnasium .**

**Homeschool Fitness is FREE to members and \$6 per student drop-in fee. It is for homeschooled children ages 4-18. The program focuses on physical education while incorporating the core values of the YMCA: caring, responsibility, respect and honesty. Participants should come dressed to exercise indoors or outdoors and bring a water bottle.**

**Any questions please contact:**

**Megan Platenik, Homeschool Fitness Coordinator  
mplatenik@family-ymca.org**

**Kelly Lester, Group Fitness Director at  
klester@family-ymca.org**

**Ron Rosner Family YMCA welcome center at  
540-735-9622.**

