



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHIER KIDS BRIGHTER FUTURE



## Homeschool Fitness CAROLINE FAMILY YMCA

Our homeschool fitness curriculum is designed to teach children key aspects of various sports and activities while keeping them physically active. Classes have both an instructional element as well as time for the children to play classic games. We keep fitness fun!

- DAYS:** Tuesdays & Thursdays  
*We follow the Caroline County School calendar for holidays and breaks.*
- TIME:** 11:00am-12:00pm  
12:05pm—12:50pm for March 7th-30th for Swim
- AGES:** 5-17
- COST:** Members: Free  
Non-Members: \$5/Child  
\$15/Maximum per Family

## CONTACT INFORMATION

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