



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HOME SCHOOL FITNESS PROGRAM

Massad Family YMCA

This program provides physical education classes for children participating in Home School Education. Participants will engage in age appropriate activities that are designed to help improve strength, increase endurance and energy, build self-esteem, improve coordination, and create healthy habits. Dates for this program follow the Stafford County public school schedule.

Starts again on Tuesday, SEPT. 13th!!

AGES: 4-15
WHERE: Gym, Studio & Outside (Meet in gym)
WHEN: Tuesdays & Fridays
TIME: 1:00p.m.– 2:30p.m.
COST: Free to Members, \$6/ day Non-Member
Location: Massad Family YMCA
212 Butler Road
Falmouth , VA 22405



Please be sure to check out swim lesson offerings just for Homeschoolers!

WHEN: 12-12:30pm Mondays and Wednesdays, Beginner
12:30-1:00pm Mondays and Wednesdays, Intermediate
COST: \$56 per session of 8 classes (Members), \$81 per session (Non-Members)

For more info contact Jessie Schmedes @ 540-371-9622 ext. 1072 or
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