

# Four Seasons 2011-2012 Homeschool Gym Class



Those of us who went to traditional schools tend to have a love/hate relationship with physical education. If you were naturally athletic, looked great in gym shorts and adept at dodging dodge balls, you probably loved P.E. If you were uncoordinated, too skinny, too chubby, or always the last one picked for the team, you were likely to be on the hate-end of the equation. No matter what type of experiences we had when we were in school, we can make P.E. an enjoyable part of our children's education. Homeschool physical education encourages children to live active lifestyles, and helps them build healthy habits that they will carry with them into adulthood. Physical Activity is also a great way to help children burn off their seemingly endless supply of energy. This is especially important for kinesthetic learners who need to move in order to learn. Some parents of especially active children find it helpful to begin their school days by letting their children run a few laps around the block. Our program, designed by experts in fitness training, nutrition, and body movement, is designed to suit every age and ability level. Our program is a great way for the kids to interact and build social skills. It also combines flexibility and fun with a comprehensive curriculum to give your children a foundation for strong bodies and minds.

For Ages 5 to 16 Years Old

5-11 year olds meet Tuesdays

12-16 year olds meet Fridays

Class is from 12:00 noon until 1:30pm



(CHECK ONE OR BOTH)



◇ **Session 1: January 3rd– March 20th**

Jan. 3– Feb. 9: Kickball & Volleyball

Feb. 9-Mar. 20: Volleyball & Basketball

◇ **Session 2: March 27th– April 17th**

Mar. 27-Apr. 17: Flag Football & Hockey

Apr. 17– May 22: Soccer & Ultimate Frisbee

Both Sessions: \$95.00

One Session: \$50.00

(Enroll Additional Siblings and Save  
\$5.00)



If you have any questions or concerns,  
please call Tres Johnson at 410-239-3366.

Child's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

E-mail Address: \_\_\_\_\_