



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



EXPAND YOUR CIRCLE OF FRIENDS

Creating healthy lives & encouraging healthy living

HOMESCHOOL PHYSICAL EDUCATION PROGRAM

The Y's Homeschool P.E. program focuses on class participation, developing healthy habits, making new friends and enjoying new forms of exercise and games!

Session Dates 2024 - 25

- Session 1 - Aug. 6 - Sept. 3
- Session 2 - Sept. 10 - Oct. 8
- Session 3 - Oct. 22 - Nov. 19
- Session 4 - Jan. 7 - Feb. 4
- Session 5 - Feb. 11 - March 11
- Session 6 - March 25 - April 22
- Session 7 - April 29 - May 13

Ages 5-13

Program meets Tuesdays

10 a.m. - 1 p.m.

Members \$65

Non-members \$105

Incorporated Elements

- Aquatic safety - team, dual and individual sports
- Physical fitness - education enrichment, health, math, literacy
- Art education - nutrition education, i.e. healthy snacks, label reading, arts and crafts.

TIME

10:00-11:00
11:00-12:00
12:00-12:30
12:30-1:00

ACTIVITY

Health Education
Physical Education
Swimming
Swimming/Structure Play

Leaders in Training

Children ages 14 & up can participate in our Leaders-In-Training (LIT) program. LIT course includes participation in a leadership role assisting with daily curriculum and leading group activities.

NORTH RIVER FAMILY YMCA
4138 Hixson Pike Chattanooga, TN 30736
ymcachattanooga.org



Home School Session Dates & Themes 2024 - 25

Session 1: August 6 - September 3

- **Serving Up Fun!**
 - Physical Activity: Spikeball, Volleyball, Pickleball
 - Health Activity: Sun Safety, Nutrition/Hydration, Injury Prevention

Session 2: September 10 - October 8

- **Frisbee & Field Games**
 - Physical Activity: Frisbee Golf, Ultimate Frisbee, Kickball
 - Health Activity: Healthy Mind, Healthy Hygiene, Healthy Nutrition

Session 3: October 22 - November 19

- **Fall Fitness Frenzy**
 - Physical Activity: Basketball, Bowling, Yoga
 - Health Activity: Skeletal System, Bone Identification, Nutrition for Strong Bones

Session 4: January 7 - February 4

- **"Kicking" Off 2025!**
 - Physical Activity: Indoor Soccer, Tae Kwan Do, Shadow Boxing
 - Health Activity: Music Identifications, Strong Muscle Strategies, Nutrition for Strong Muscles

Session 5: February 11 - March 11

- **Winter Workouts**
 - Physical Activity: Hockey, Lacrosse, Cardio Circuit
 - Health Activity: Heart Rate Zones, Cardiovascular Health, Heart-Healthy Nutrition

Session 6: March 25 - April 22

- **Jump & Jive**
 - Physical Activity: Jump Rope, Gymnastics, Dance
 - Health Activity: Whole foods vs. processed foods, Food Pyramid, Balanced Meals

Session 7: April 29 - May 13

- **Spring Has Sprung!**
 - Physical Activity: Track & Field, Lawn Games
 - Health Activity: Reading food labels, Calories in vs. Calories out