

Y PHYSICAL EDUCATION

Home School Physical Education

For ages 5 - 18

The goals of the Franklin County Family YMCA's Homeschool PE program are:

- To assist each participant in developing a value system consistent with that of the Y core character traits of honesty, responsibility, caring, and respect through good sportsmanship, cooperation and a respect for others.
- To provide knowledge and activities that are designed to enhance the components of fitness and promote a healthy lifestyle.
- To provide the opportunity for the participants to apply learned skills and strategies in a variety of activities.
- To enhance character development by promoting the importance of personal responsibility, safety skills, and healthy habits.
- To stress lifetime skills that will add to the quality of life and enjoyment of lifelong recreational activities.

9/01/09 – 5/25/10 • Tuesdays • 1:00 p.m. – 2:15 p.m.

SEPTEMBER

1st & 8th- Soccer / Kickball
15th - (5-7) Swim, (8 and up) Homeschooler's Choice
22nd - (8-up) Swim Day, (5-7) Homeschooler's Choice
29th – Instructional Football

OCTOBER

6th & 13th - Flag Football
20th - Swim Day (5-7), Homeschoolers Choice (8-up)
27th - Swim Day (8-up), Homeschoolers Choice (5-7)

NOVEMBER

3rd & 10th Basketball
17th - Swim Day (5-7), Homeschoolers Choice (8-up)
24th - Swim Day (8-up), Homeschoolers Choice (5-7)

DECEMBER

1st - "Olympic Training"
8th - Winter Olympics
15th - Swim Day (Both groups combined)

JANUARY

5th & 12th - Hockey
19th - Swim Day (5-7), Homeschoolers Choice (8-up)
26th - Swim Day (8-up), Homeschoolers Choice (5-7)

FEBRUARY

2nd & 9th - Volley Sports
16th - Swim Day (5-7), Homeschoolers Choice (8-up)
23rd - Swim Day (8-up), Homeschoolers Choice (5-7)

MARCH (5 classes)

2nd & 9th - Invasion Games (Warball, Capture the Flag)
16th - Swim Day (5-7), Homeschoolers Choice (8-up)
23rd - Swim Day (8-up), Homeschoolers Choice (5-7)
30th - Softball

APRIL

6th - Baseball
13th - No class for spring break
20th - Swim Day (5-7), Homeschoolers Choice (8-up)
27th - Swim Day (8-up), Homeschoolers Choice (5-7)

MAY

4th - Outside Activities
11th - Homeschooler's Choice
18th - Field Day
25th - End of Year Pool Party & Picnic

Monthly Cost:

Members \$17

Non-Members \$25

Held in Essig Youth Center. Minimum enrollment 10.

No additional fee for September or March. No Prorate for December.



FRANKLIN COUNTY FAMILY YMCA

235 Technology Drive P.O. Box 720
Rocky Mount, VA 24151
540.489.YMCA (9622)
www.franklincountyyymca.org

SMITH MOUNTAIN LAKE YMCA

293 FirstWatch Drive
Moneta VA 24121
540.721.YMCA (9622)
www.franklincountyyymca.org



Our YMCA is a
United Way
Partner Agency