



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 2023

- Session 4 - Jan. 9 - Feb. 13
- Session 5 - Feb. 27 - March 27
- Session 6 - April. 10 - May 8

**Ages 5-13**

**Program meets Mondays**

**10 a.m. - 1 p.m.**

**Members \$50**

**Non-members \$105**

**YMCA HEALTHY LIVING CENTER AT NORTH RIVER**  
4138 Hixson Pike Chattanooga, TN 30736  
[ymcachattanooga.org](http://ymcachattanooga.org)

### 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.

### Monday

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.



# Home School Session Dates & Themes 2023

## **Session 4: January 9 – February 13**

- **New Year, New Me – Goal Setting & Decision Making**

Physical Activity: Baseball, Indoor Soccer, Cardio Circuit

- Health Activity: Habits, SMART Goals, Healthy Lifestyle

**\*Not meeting January 16 in observance of MLK Day**

## **Session 5: February 27 – March 27**

- **Mind Blooming– Mental Health Practices**

- Physical Activity: Yoga, Volleyball, Pickleball

- Health Activity: Mindfulness Strategies, Emotions & Relationships, Mental Health

## **Session 6: April 10 – May 8**

- **Fun in the Sun– Summer Safety**

- Physical Activity: Yard Games, Soccer, Outdoor Activities

- Health Activity: Sun, Water, Physical, Cyber and Food Safety

**Our Mission:** To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.