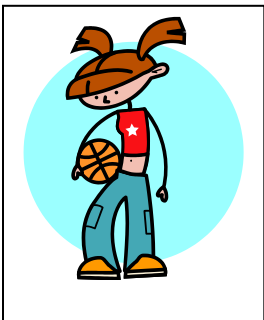




Home School Physical Education Classes at the AT&T Sports Center 2009/2010



2009/2010 Home School PE class dynamics include sport/recreation game fundamentals, nutrition, strength training, and much more. Enrollment is limited to 25 participants per class, divided by age groups. Classes are scheduled by quarters; each quarter lasts eight weeks and meets on Tuesdays and Thursdays. Visit our website or stop by the sports center for a flyer or to register you children.

Ages 5-7-----1:00pm -2:00pm

Ages 8-11-----1:00pm -2:00pm

Ages 12-14-----2:00pm -3:00pm

Ages 15-18-----2:00pm -3:00pm

Session 1 – August 25, 2009 through October 15, 2009

Session 2 – October 22, 2009 through December 17, 2009

Session 3 – January 12, 2010 through March 4, 2010

Session 4 – March 23, 2010 through May 13, 2010

Cost for one quarter (16 sessions) is \$108 for members and \$120 for non-members

We will be happy to bill any of the following home school programs on your behalf: IDEA, Mat-Su Central School (formerly CSS), Twindley Bridge, Raven, Cyber Lynx and Frontier Charter School.

Families wishing to pre-pay will be given a 10% credit for a savings of \$48 per child/ per year!

Your child will learn:

Fitness: We will teach your child how to stretch properly, what major muscles are and how to increase strength and stamina. We prepare your children for the Presidential Fitness Testing which takes place in February and March. We also teach them about the importance of water, nutrition, and how to prevent heart disease, cancer and diabetes.

Fundamentals: Your child will learn how to properly run, skip, jump rope, throw, catch, dribble, bat, and kick a ball: we teach the basic fundamentals of a variety of sports and recreation games such as soccer, football, baseball, basketball, floor hockey, volleyball and more.

Fun, Fun, Fun! Your child will learn to laugh and love life as they participate in team building activities and socially interact with other wonderful kids in like learning environments.

Don't delay... Enroll now!



1507 N. Double B St., Palmer, Alaska 99645 (3/4 mile west of Trunk Rd on the Palmer-Wasilla Hwy)
907.7GO.PLAY (746.7529)

www.attsportscenter.com