



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE • HEALTHY • SOCIAL

GYM CLASS HEROES Fall 2022

The Grants Pass Family YMCA offers a unique Physical Education experience for all homeschoolers. Our program is designed to allow kids to sample a wide variety of sports and build new friendships. We focus on teaching fundamental skills and rules of the games while also instilling the YMCA values of caring, honesty, respect and responsibility in our participants with an emphasis on sportsmanship.

DAYS:	WEDNESDAYS - <u>10 weeks</u>
DATES:	September 14 - November 16
TIME:	10:30-11:30 AM
LOCATION:	Grants Pass Family YMCA
GRADES:	Kindergarten - 8th
COST:	\$60/member \$75/non-member

SPORTS WILL VARY PER WEEK:

- | | | | | |
|------------|------------|--------------|-----------|------------------|
| Basketball | Volleyball | Floor hockey | Swimming | Speed & agility |
| Soccer | Pickleball | Rock wall | Dodgeball | Ultimate frisbee |

* Unique experiences include climbing our 30 foot rock wall, going swimming and we may even move outdoors for a few activities.

Contact info: Stephanie Lund - Director of Sports and Family Programs
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