



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**Paula G. Manship
YMCA
Home School P.E.
Make exercise a part of your curriculum**

Session One: January 17th-March 8th

Session Two: March 13th-May 10th

No Class Easter Week

Ages: 6-16

Physical Education: Tuesday & Thursday 12:45p-1:45p

Members: \$80/session/child or

Non-members: \$105/session/child

Session length is 8 weeks and meets two days a week for an hour. Physical education classes will include fitness and aerobic conditioning, recreational activities, and sports skills. Each class will also introduce healthy lifestyle principles or nutrition information.

Front Desk: 11HSPE

**Paula G. Manship YMCA
8100 YMCA Plaza Drive * 225-767-9622 * www.ymcabatonrouge.org**