



A+

homeschool physical education classes

The RISE Homeschool PE curriculum follows a structured course that covers basic fitness as well as common team and individual sports. This course introduces your child to games such as; SOCCER, BASEBALL, KICKBALL, VOLLEYBALL, ULTIMATE FRISBEE, LACROSSE, FIELD HOCKEY, and more! Participants will also learn proper stretching exercises, calisthenics, and training exercises. Our state-of-the-art facility with two indoor soccer fields provides a safe and fun environment.

We offer various sessions throughout the year, and classes meet on Thursday afternoons from 1:30 p.m. to 3:00 p.m. You can register ON-SITE here at RISE or via telephone (804-744-4600). Sessions last 8 weeks, and cost just \$59.00 per child. Our sibling discount reduces the cost of the second and/or third child by 20%. Parents must sign our Waiver Form before their child can participate.

RISE Homeschool Spring Session is currently underway.
The schedule for the remainder of 2010 is listed below:

FALL 2010:
September 16 - November 4

WINTER 2010-2011:
December 2 - February 3

For more information contact Alicia Scott at:
alicia.scott@RISEINDOOR.com



only
\$59.00
for 8 weeks