

**HOMESCHOOL**

**ONLY \$69.<sup>00</sup>**

UPCOMING SCHEDULE

**WINTER SESSION: JAN. 6 - FEB. 24**

**SPRING SESSION: MAR. 3 - APR. 14**

**8 WEEK SESSIONS**



## **RICHMOND'S BEST P.E. PROGRAM**

**THE RISE HOMESHOOOL 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 \$69.<sup>00</sup> 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.**

**VISIT US ON THE WEB AT: [WWW.RISEINDOOR.COM](http://WWW.RISEINDOOR.COM) / [WWW.SPORTSQUEST.BIZ](http://WWW.SPORTSQUEST.BIZ)**

**FOR MORE INFORMATION CONTACT ALICIA SCOTT AT: [ALICIA.SCOTT@RISEINDOOR.COM](mailto:ALICIA.SCOTT@RISEINDOOR.COM)**