



## RISE Homeschool Physical Education Classes Spring 2010

**Who?** Any Homeschool Child - Ages 5 - 16.

**What?** This will be a structured class consisting of stretching, calisthenics and games, such as: dodgeball, soccer, kickball, wiffle ball, volleyball, ultimate frisbee and more! The RISE HomeSchool Physical Education class is designed to introduce Home School children to a variety of sports and physical activities, in which they will learn a range of basic skills associated with different sports in a safe, fun and positive environment.

Each class will follow a syllabus outline, consisting of three phases: Introduction, Demonstration and Application. This will allow for all of the participants to be introduced to the rules, techniques and basic equipment needed for each sport, prior to actually playing games. Our emphasis will remain on promoting a healthy, active lifestyle, while also having FUN!

**When?** Class will be held on Thursdays from 1:30 pm - 3:00pm.

Spring 2010 Session will begin Thursday, February 18th and will run for 8 weeks, with the last class held April 15th. No classes will be held on April 8th/Spring Break week.

**Where?** Richmond Indoor Sports Experience - 2300 Oak Lake Boulevard •• Midlothian VA 23112

Our classes are held on our two State-of-the-art, Indoor, synthetic grass-like playing fields. This grass-like surface is perfect for a variety of sports and training exercises. In addition to these two playing fields we have our 8,000 square foot upstairs training facility, meeting/party rooms, concessions and commons area, which make RISE very suitable for a number of activities.

**How to?** Families may register in person at RISE, or over the phone. Each registered child will also need to have their parents sign our Facility Waiver, prior to being allowed to participate. This form is available at RISE, or also via the link on our homepage: [www.RISEindoor.com](http://www.RISEindoor.com). Cost is just \$59 per child for the 8 week session. Siblings will be eligible for a 20% discount off of our regular session fee. Students do not need any specific equipment or gear, however sports attire and tennis shoes will be required for participation.

To Register or for additional information, please contact RISE at:  
Stacey Tuch •• [stacey.tuch@RISEindoor.com](mailto:stacey.tuch@RISEindoor.com) or  
or via phone @ 804.744.4600

