



HOMESCHOOL P.E. CLASS

Fridays 1:00 PM – 2:00 PM

Dates and Pricing:

1st Semester - October 6th – December 15th

(No class November 24th)

2nd Semester - January 12th – March 16th



Includes: 10 Weeks of class, 8 free public skating sessions & Rental Skates

ONLY \$125 per semester!



Our new **Homeschool P.E. Class** is more than just a learn-to-skate class.

This **Homeschool P.E. Class** includes:

- 15 minute dynamic off-ice warm-up; an easy fluid warm-up to get your muscles ready to skate
- 25-minute on-ice workout. The goal is to keep moving for 25 minutes! All drills, obstacle courses, skills and movements will be adapted to fit the skill level of the skater.
- 15 minutes off-ice cool down, lots of stretching and balance work

Open Enrollment ~ Class fees can be prorated* ~ Sibling Discount of 10%

**401 Village Avenue,
Yorktown, VA 23693**

**Located Behind K-mart Shopping Center, on Victory Boulevard
(Exit 256B from Interstate 64)**

Telephone: (757) 877-7539

* Additional fee of \$5.00 for prorating class fees