



# HOMESCHOOL FITNESS

5353 LAKE OTIS PKWY  
PHONE: (907) 563-3211  
YMCAALASKA.ORG

K-4th grades Session 1 October 3, 10, 17, 24 from 1:15-2:00

5-8th grades Session 1 October 6, 13, 20, 27 1:15-2:00

Cost: \$15.00/month each student (fitness class) 10% multi-child discount

All participants must have a current membership:

Youth membership \$11.25/ month each student

Are you in need of a well-rounded home school program that focuses on physical education, good exercise habits and using play to increase exercise adherence.

The Anchorage Community YMCA is here to support your child's health and wellbeing by providing the location, equipment and classes for your home school children. The YMCA will help your child establish and maintain their health and fitness goals.

## **Swim Lesson:**

Cost: \$20.00/month each student (swim lessons)

**Polliwog:** 1 October 3, 10, 17, 24 from 2:15-2:45

This class is for beginning swimmers. Skills taught include front and back floats, going underwater and kicking.

**Adv. Polliwog** 1 October 3, 10, 17, 24 from 2:45-3:15

Swimmers must be able to swim 5 meters on front and back, do 10 underwater bobs and be comfortable in the water.

**Guppy** October 5, 12, 19, 26 2:15-2:45

Swimmers must be able to swim 10 meters on front and back, jump in and reach wall without help and kick 15 meters.

**Adv. Guppy** October 5, 12, 19, 26 2:45-3:15

Swimmers must be able to swim 15 meters freestyle and backstroke, 10 meters beginning breaststroke and tread water for 30 seconds

**Check out our family membership**

**ONLY \$67.50 per month**