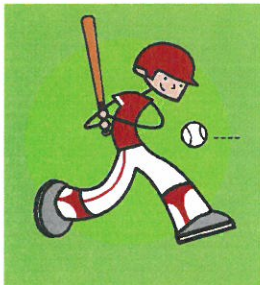
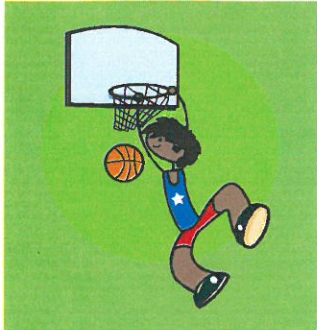


Home School Physical Education Classes 2015 / 2016 at the MTA Sports Center



2015/2016 Home School P.E. class dynamics include sport/recreation game fundamentals, nutrition, strength training, and much more. Enrollment is limited to 25 participants per class. Classes are scheduled by quarters; each quarter lasts approximately eight weeks, meets twice weekly, and is divided by age groups. Visit our website or stop by the sports center for a flyer or to register your children.

**Classes are held
Tuesday and Thursday starting at 1pm**

Session 1 – August 18, 2015 through October 8, 2015

Session 2 – October 20, 2015 through December 17, 2015 (no class 11/24-26)

Session 3 – January 12, 2016 through March 3, 2016

Session 4 – March 22, 2016 through May 12, 2016

**Cost for one quarter is
\$144 for MTASC Members / \$160 for Non-Members.**

We are able to bill most home school programs on your behalf;
Including IDEA, Mat-Su Central School, Twindley Bridge & Raven.

Families wishing to pre-pay will be given a 10% credit...

Your child will learn:

Fitness: We will teach your child how to stretch properly, what major muscles are and how to increase strength and stamina. We prepare your children for the Presidential Fitness Testing which takes place in February and March. We also teach them about the importance of water, nutrition, and how to prevent heart disease, cancer and diabetes.

Fundamentals: Your child will learn how to properly run, skip, jump rope, throw, catch, dribble, bat, and kick a ball. We teach the basic fundamentals of a variety of sports and recreation games such as soccer, football, baseball, basketball, floor hockey, volleyball and more.

Fun, Fun, Fun! Your child will learn to laugh and love life as they participate in team building activities and socially interact with other wonderful kids in like learning environments.

Don't delay... Enroll now!



1507 N. Double B St., Palmer, Alaska 99645
(3/4 mile west of Trunk Rd on the Palmer-Wasilla Hwy)

907.7GO.PLAY (746.7529)
www.mtasportscenter.com