



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HOME SCHOOL

PHYSICAL EDUCATION/ WELLNESS PROGRAM

NEW FOUR-WEEK SESSION FORMAT

Age appropriate groups

SESSIONS ARE THURSDAYS FROM 2-4 P.M.

In each four week session your child will learn:

- Basics of the game
- Teamwork
- Agility skills
- Self confidence
- Stress reduction
- Improved judgement

And more, all while having FUN, networking socially, developing people skills and getting healthy physical exercise. We will also teach them how diet and lifestyle choices will affect their lives.

Check our website for more information at:
www.scymca.com

Rainbow Room childcare is available for younger children, it is \$3 per hour per child.

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