



Home School PE



Let's get active! Here's an excellent chance for Home School students to participate in a variety of activities that will help them stay healthy and physically active. Students will have the opportunity to participate in a variety of sports, exercises, games and much more. The class will offer ways to stay physically active as an individual and as a group. All classes will begin with a warm up and end with a cool down. Students also will learn the importance of hydration and safety in relation to physical activity.

Ages: 5 – 14 years old

When: Dec. Session: Dec. 7 - 28
Jan. Session: Jan. 4 - 25
Feb. Session: Feb. 1 – 29

Time: Wednesdays, 2:30 – 3:30 pm

Where: High Blue Wellness Center

Early Bird Fee: \$18 for first child, \$3 each add'l child,
If registered by Nov. 30, Dec. 28, Jan. 25

Fee: \$20 for first child, \$5 each add'l child

All participants will need to sign up for BPR Connection at www.beltonparks.org to receive Home School PE notifications/communications

Fall Activities Calendar*:

- Dec. 7 – Intro to Fitness
- Dec. 14 – Soccer
- Dec. 21 – Kickball
- Dec. 28 – Volleyball
- Jan. 4 – Dodgeball
- Jan. 11 – Wiffle Ball
- Jan. 18 – Fitness Game Day
- Jan. 25 – Karate/Self Defense
- Feb. 1 - Basketball
- Feb. 8 – Aerobic Challenge/Zumba
- Feb. 15 – Flag Football
- Feb. 22 – Open Swim Day
- Feb. 29 – Team Challenge

*Activities Calendar is subject to change

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 www.facebook.com/beltonparks

Please fill out and return to the High Blue Wellness Center or mail with payment to: High Blue Wellness Center, 16400 N. Mullen Road, Belton, MO 64012. If paying by check, be sure to include your driver's license # and date of birth.

Participant's Name: _____ Activity: Home School PE- 325020

Grade: _____ Age: _____ Birthdate: _____ Session: _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Email: _____

Parent/Guardian Name(s) (Please Print): _____

I, the parent of the above listed child, do hereby agree to release all liability and claims against the Belton Parks and Recreation Department and agree to hold harmless any liability against the Belton Parks and Recreation Department, any sponsoring organization, facility, instructor and any other party involved, due to injuries, accidents, negligence, or any other circumstances arising from participation in this program with respect to any time prior, during and after the activities, including participation in all related events. I understand that my child may be photographed for publicity purposes.

Parent's Signature: _____ Date: _____