

## Fall Session

### Dates and Times:

October 13, 2009 - December 10, 2009  
(Week of Thanksgiving off)  
Tuesdays & Thursdays  
2:00 p.m. - 4:00 p.m.

### Gym Curriculum:

The fall 8-week session will be dedicated to personal fitness and nutrition. Activities will be structured to help children establish a base for lifetime habits of personal fitness by learning about:

- Aerobic exercise & cardiovascular endurance
- Muscular strength
- Muscular endurance
- Flexibility
- Basics of nutrition

### Swim Curriculum:

Swimming curriculum will cover the basics of swimming and stroke techniques, and will build upon skills students have already acquired.

## Winter Session

### Dates and Times:

January 12, 2010 - March 18, 2010  
(No class 2/9, 2/11, 3/2, 3/4)  
Tuesdays & Thursdays  
2:00 p.m. - 4:00 p.m.

### Gym Curriculum:

The winter 8-week session will be dedicated to learning basic skills and rules for a variety of team and individual sports including:

- Indoor Soccer
- Team Handball
- Basketball
- Gymnastics
- Flickerball
- Historical Dance (Virginia Reel)

### Swim Curriculum:

Swimming curriculum will cover the basics of swimming and stroke techniques, and will build upon skills students have already acquired.



## Cost and Registration

### Cost per each 8 week session (2 days per week):

1st child: \$80.00  
2nd child: \$75.00  
Each additional child: \$70.00

### Cost per each 8 week session (1 day per week)\*:

\$50.00 per child \*

\*Only available if a minimum of 10 children are registered for the 2 day per week class.

Registration Forms are available online at [www.ourcommunitycenter.org](http://www.ourcommunitycenter.org) or at the Faith Community Center front desk.

### Registration Deadlines<sup>^</sup>

Fall Session: September 18th

Winter Session: December 18th

<sup>^</sup>Late registrations will be accepted as space permits.

Parents who desire to work out while their children are attending Gym and Swim can purchase a day pass for \$5.00 per day at the Community Center front desk.

## Gym and Swim

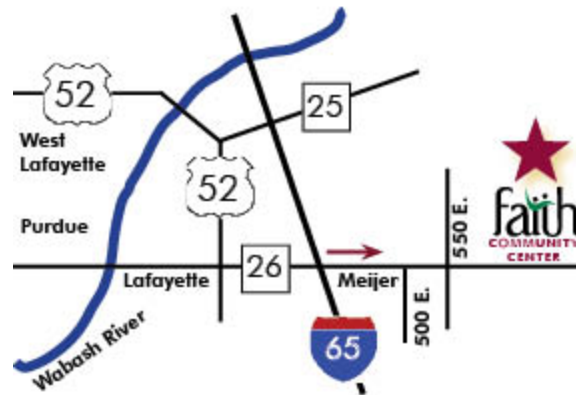
Faith Community Home School Gym and Swim is a program designed for homeschooled children to spend time learning alongside their peers. The Gym and Swim program at Faith consists of 2-hour sessions Tuesday and/or Thursday afternoons for 8 weeks. Children learn different team and individual sports, personal fitness, develop their swimming skills, and work together as a group.

For questions or more information please contact:

Megan Franklin  
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765.448.1724



### Directions to Faith Community Center



The Faith Community Center is located one mile east of the I-65 interchange on State Road 26 E, just past 550 East. (One-half mile east of Meijer on SR 26 E)

# faith

COMMUNITY MINISTRIES

5572 Mercy Way  
Lafayette, IN 47905  
(765) 449-4600

[www.ourcommunitycenter.org](http://www.ourcommunitycenter.org)

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COMMUNITY MINISTRIES



Faith Community  
Home School  
Gym & Swim  
Program  
Fall 2009/Winter 2010