

Home School Fitness Syllabus 2019-2020

Instructor

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Mission

To promote, encourage and educate students and families to develop a sustainable active and healthy lifestyle.

Course Overview

To promote, encourage and educate students and families to develop a sustainable active and healthy lifestyle.

Class Location

Youth Center
5850 Langfitt Loop
Fort Belvoir, VA 22060

Class Materials

Proper attire and what to bring:

- Comfortable workout clothes
- Spill proof water bottle

Class Days/Times

Mondays-9/09/19-05/18/20
5-9 y/o- 9:30 a.m.-10:30 a.m.
10-16 y/o- 10:45a.m.-11:45a.m.

Class Policy

Wednesdays- 9/11/19-5/27/20
5-9 y/o- 9:30 a.m.-10:30 a.m.
10-16 y/o- 10:45 a.m.-11:45 a.m.

Rules for the use of the Teen Center - The only two places parents may access is the gym and the front lobby sitting area. Only the kids that are signed up may be in the gym during class. **All participants MUST be registered** through **Parent Central Services** or online via **Web Trac** (<https://webtrac.mwr.army.mil/>)

Thursdays- 9/12/19-5/28/20
5-9 y/o- 9:30 a.m.-10:30 a.m.
10-16 y/o- 10:45 a.m.-11:45 a.m.

We want our classes to be fit-fun, supportive, and safe for our students. We therefore have the following classroom policies to ensure a positive and safe environment:

Additional Comments:

- CYS follows the Fairfax County Public School schedule and weather alerts.
- Classes are subject to change

- ✓ Please arrive to class **ON TIME**
- ✓ Respect each other, instructor, and equipment
- ✓ Listen and follow rules
- ✓ Work hard, try your best, and most importantly have FUN!
- ✓ You are responsible for your actions and attitude
- ✓ This is a place of encouragement and teamwork

Working Together To Make It Happen

Parents we ask that you please reinforce the above class policies with your children when at home. We must all work together to ensure a safe, fun, and positive atmosphere for the children.