



Beaver County YMCA Youth Physical Education Program



OBJECTIVE:

The **Beaver County YMCA Youth Physical Education** is a program to provide an opportunity for kids and teenagers to do additional physical education type classes throughout the week. May it be homeschoolers or students who are currently doing virtual schooling, Y.P.E. offers the opportunity to get out of the house and get moving. Participants will engage in a multitude of different activities and games that will include among many other aspects fundamental locomotor movements, various sports, cooperation and both skill and health related components. The ultimate goal is to have fun and stay fit in a safe environment while growing, learning and challenging ourselves through the medium of physical activity.

PROGRAM DATES:

The program runs throughout the 2020-2021 school year and is divided into 5 sessions of 7 weeks:

- Session 1: Week of September 7th 2020 to Week of October 18th 2020
- Session 2: Week of October 25th 2020 to Week of December 6th 2020
- Session 3: Week of January 3rd 2021 to Week of February 14th 2021
- Session 4: Week of February 21st 2021 to Week of April 4th 2021
- Session 5: Week of April 11th 2021 to Week of May 23rd 2021

LOCATION:

All classes for all age categories will be held at the **Beaver County YMCA Gymnasium** located at the following address: **2236 Third Avenue, New Brighton, PA, 15066.**

AGE CATEGORIES:

Currently we are offering classes for three age categories that group several grade levels:

- 5 - 7 years old *(Kindergarten to Grade 2)*
- 8 - 11 years old *(Grade 3 to Grade 6)*



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- 12 - 15 years old *(Grade 7 to Grade 9)*

WEEKLY CLASS SCHEDULE:

Weekly class schedule may vary from session to session so be sure to check our website (<https://beavercountyymca.org/>) and online registration to see when classes are for the current session.

NEW PROCEDURE & POLICY CHANGES DUE TO CDC & COVID-19:

- Participants will have their temperature taken once they arrive at the gym and check in with the instructor. Once temperature is taken, participants will use hand sanitizer in preparation for practices/games.
- All equipment will be sanitized after every class.
- Hand sanitizer will be located on the instructor cart and available to use at any time during the class.
- Due to CDC guidelines the following procedures and policies will be implemented:
 - Parents, family, extended family and/or guests will not be permitted to attend the class.
 - Adhere to any other social distancing CDC requirements.
- Between classes there will be a 30-minute window in order to minimize traffic in the building, sanitize equipment and encourage social distancing.

EQUIPMENT NEEDED:

- Proper physical activity running shoes are required in order to participate in the class. No open toe footwear, crocs, boots or dress shoes are allowed.



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- A water bottle is highly encouraged for proper hydration during physical activity as there are currently no water fountains in the facility. Please label your water bottle. Water bottles are also available to purchase at the member service desk located at the front of the building.

If you have any questions or would like more information, please do not hesitate to contact me via email at youthprograms@beavercountyymca.org or give me call in the office by phoning (724) 891-8439 ext. 312. We look forward to an exciting and fun filled season with you all.

Tim

BCYMCA Youth Director