

HOMESCHOOL PE

Kid-Focused Fitness | Open to Members & Non-Members

VENT Fitness Latham offers a kid-friendly and age-appropriate land and water based program for children who are home schooled or otherwise available during the day Mondays and Wednesdays throughout the school year.

Homeschool PE is a great way for homeschool or distance learning students to have the opportunity to exercise and socialize in a fun, safe environment.

Participants will start in the pool enjoying games, kids workouts and swim instructions. Participants will play a variety of sports including basketball, floor hockey, baseball, obstacle courses, and gym games along with receiving a fun workout designed for kids. Each two-hour program will have students spending time in the Pool and Gymnasium plus include a kid-size smoothie for snack.

(This is a drop-off program; parents are not required to stay in the building)

The DAILY AGENDA

Mondays & Wednesdays

12:30 - 2:20 pm | VENT Latham

Pool • 12:30 - 1:15 pm

Snack & Change • 1:15 - 1:45 pm

Court • 1:45 - 2:30 pm

IMPORTANT INFORMATION

- A swimsuit should be worn under clothes to gym.
- Participants must bring a towel, athletic attire, running sneakers, & water bottle.

Session	MEMBER	NON-MEMBER
2023-2024 School Year		
Two times/week	\$512	\$832
Per Semester		
Two times/week	\$352	\$512
One time/week	\$272	\$352
Per Quarter		
Two times/week	\$224	\$304
One time/week	\$160	\$200

PRICES

**Sessions require a minimum of 4 participants. Quarter 2 Monday-only students may select 2 Wednesdays to attend*

DATES

Session*	Session Dates
Full Year <i>no class 10/9, 10/11, 12/25, 12/27, 1/1, 1/15, 2/19, 2/21, 4/1, 4/3</i>	9/11/23 - 5/22/24
Semester 1	9/11/23 - 1/17/24
Quarter 1 <i>no class 10/9, 10/12</i>	9/11/23 - 11/8/24
Quarter 2 <i>no class 12/25, 12/27, 1/1, 1/15</i>	11/13/23 - 1/17/24
Semester 2	1/22/24 - 5/22/24
Quarter 3 <i>no class 2/19, 2/21</i>	1/22/24 - 3/20/24
Quarter 4 <i>no class 4/1, 4/3</i>	3/25/24 - 5/22/24



Kids Shake included each day

Each participant should bring comfortable clothing, sneakers, swim wear, a towel, and water bottle.

Registration opens 7/24/23

Visit ventfitness.com or the front desk to register!

