

Virtual Training and Development Solutions, LLC

PE & Health Program

Programming Schedule

- **Fridays Only**
- **Fall Start Date:** Friday, **August 28th**
- **Fall End Date:** Friday, **November 13th**
- **Session Length:** 5–6 weeks

Fall Session 1: August 28-October 2nd

Fall Session 2: October 9th-November 13th

Age Groups (10:30 AM – 1:30 PM)

- Elementary School
- Middle School
- High School

Each age group will participate during its designated instructional time and receive age-appropriate PE and Health lessons.

10:30am- Ages 6-9

11:30am-Ages 10-13

12:30pm- Ages 14-17

Session Topics

Session 1 –Healthy Living & Physical Fitness

- Goal Setting
- Physical Activity
- Team Building
- Heart Health
- Stretching & Exercise

Session 2 – Nutrition & Wellness

- Healthy Eating
- Hydration
- Reading Nutrition Labels
- Meal Planning
- Injury Prevention

Updated Pricing with Promotional Discount

Option	Price
One Session	\$110.00

Two Sessions	\$215.00
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Family Discount

- \$5 Sibling Discount
- One sibling discount per family

Registration Fee: \$20 Per Semester (Discounts Now on Registration Fee)

Supply Fee (if applicable): \$0

Science Olympiad Club

Middleschool and Highschool

Programming Schedule

- **Friday Schedule**
- **Fall Start Date:** Friday, **August 28th**
- **Fall End Date:** Friday, **November 13th**
- **Session Length:** 5–6 weeks
(3pm-4pm)
- **Wednesday Schedule**
- **Fall Start Date:** August 26th
- **Fall Start Date:** November 11th
- **Session Length:** 5-6 weeks
(3:30pm-4:30pm)

Option	Price
Per Daily Friday Session	\$20
Semester Membership (Per 6-week Session) Session 1: August 28-October 2nd Session 2: October 9-November 13th	\$110.00- Per 6 Week Session Includes All classroom supplies and materials For Both Sessions Pay in Full Discount-\$215.00

Registration Fee: \$30 Per Semester (Discounts Now on Registration Fee)

Sibling Discount: An Additional \$5.00 off your total price (Only 1 sibling discount per family)

Supply Fee: (if applicable): \$0

Drop-in: \$25.00 per class If space is available

Payment Policy

- **All payments are due upon enrollment and no later than two (2) weeks before the start of the session. (Seats are First Come First Served)**
- **Payment plans must be approved no later than one (1) week before the start of the session.**
- **Registration is not considered complete until payment arrangements have been finalized.**