

2016-2017 CHEF Co-op

Gym

Instructor: Lisa Bloom

Class Code : GYM350

Co-teacher?

Tuition : \$10 per semester

Length of Class (1st sem/ 2nd sem/both)

either or
both

Materials Fee : \$20 per semester

For the spring classes, we will do a variety of athletic activities hoping to make good use of the outdoors. We have 15 weeks, and I would like to break it down into the following classes. 1-3 weeks of Cardio-Kick Boxing. This class will touch on the basics of kickboxing with the added Cardio. It will teach some of the same principles as self defense like strikes, punches, and kicks. 1-2 weeks of Jujitsu. This class teaches how to defend yourself 1st verbally then physically. Used in situations of bullying/self defense you will be taught how to use the techniques for you defense only. Additional classes offered will be wiffle ball (baseball rules), kickball, an obstacle course, ping pong (?), volleyball, and flag football. Each child will be given a kite so when the weather permits, we will take to the field and give it a try. I have also scheduled one of our extension educators to come in to do a class on proper nutrition. This class is still a work in progress. Classes will be added as information and availability is determined. If you would like updates to confirm your participation, please share your email so I can reach out to you as updates are made. Also take into consideration that if you take the class you must participate. Teams are created based on numbers, so not only your attendance but your participation is required to make the games happen. Proper foot wear and clothing is not optional, but required. Thanks!! :) Looking forward to teaching the class again this year and continuing to add new and exciting classes!!

Description:

Enrollment:

10

Max: 25

Pre-Requisites: sneakers and gym appropriate clothing

Required Text:

Additional Materials:

Water bottle if needed for outdoor activities.

Contact Information

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