

# ***NEED TO RELIEVE SOME STRESS?***

**BURN SOME EXTRA CALORIES!!!!**



Sign up for Physical Education!!!!



## **THESE ARE YOUR ELECTIVE PE CHOICES:**

1. **Self Defense** – Course # 6172



2. **Exercise and Lifelong Fitness** -Course # 6162  
\*Includes Yoga, Pilates, Aerobics, Tae Bo, and Dance



3. **Advanced Swimming** – Course # 8062



4. **Lifeguarding** – Course # 8072



5. **Girls Team Sports Fall/Spring** – Course # 7982/7992



6. **Boys Team Sports Fall/Spring** – Course # 7972/7992



7. **Beginning/Intermediate Tennis** – Course # 8012/7932



8. **Beginning/Intermediate Tumbling and Gymnastics** –  
Course # 8042/8022



9. **Weight Training and Aerobics Fall/Spring** – Course # 7922/7912



10. **Learn to Swim/Beginning Swimming** – Course # 7942/8052

