



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

P.E. WAIVER PROGRAM FALL '17

Grades: 9–12

Enrollment: September 1–October 13

Program ends: January 12

Cost: \$25

Orientations: September 7, 12, 19 and 29

4:30–5:30pm

Downtown Berkeley YMCA

**Participants from previous semesters (Fall 2015–Summer 2017)
are exempt from the orientation.**

The YMCA P.E. waiver program is an alternative P.E. program designed to help students develop habits that lead to lifelong fitness and earn P.E. credits for school. Students are required to complete a total of 60–80 hours (or as dictated by their school) to earn credits toward their P.E. requirement. Students take group exercises classes, teen fitness classes, workout independently, maintain a P.E. booklets and meet with the program director once a month.

To gain acceptance into the program, interested participants must:

1. Attend one YMCA P.E. Waiver Orientation (mandatory)
2. Become a YMCA Teen Member
3. Enroll at Welcome Desk, and pay program cost.

Contact Jocelyn Leche at 665-3234, or jleche@ymca-cba.org for more information.

DOWNTOWN BERKELEY YMCA
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