

**Berrien Springs Parent Partnership
Group Music and Project Based Learning Course Description**

Course Title: Group Fitness (Zumba, Body Pump, Step, Cardio Drumming, Yoga and more)

Ages/Grade Levels: 13+ **Category:** PE

Class size: Min: ___ **Max:** ___

Location(s), Dates and Times: Address: _____

* St Joe YMCA (Days and Times Vary)

* Niles YMCA: (Days and Times Vary)

Provide directions to location if necessary:

Instructor(s): (each must pass background check): Tiffany Rusher, Nancy Gitlin

Best method of contact and phone # for primary instructor: Contact Director

Email and Website: apaine@ymcaswm.com

Classes are graded on a Pass/Fail basis. What is the criteria for passing the class?

Attendance and participation

Briefly describe the course, including topics to be covered and subject areas that the course will cover – this is what will be posted on our website (must also provide a separate syllabus). Use another page if necessary:

Students Ages 13+ are invited to take 2 fitness classes per week. Students may select the same class or 2 different classes.

List any materials that students are required to bring to class:

Which form of evidence will you provide at the end of the semester? Photos

List any fee that will be expected to be paid by the family:

Partnership cost per student for entire semester, including materials and supplies: \$ 250

Thank you for providing your expertise to the homeschool students in our community!