



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# HOMESCHOOL HANDBOOK

P.E. & S.T.E.M

ROBERTSON COUNTY FAMILY YMCA

# Spring 2026

## Age, Pricing, Staff, Policies

### AGE OF PARTICIPATION

- Age of participation 5-12
- Our program is a Physical Education class & a S.T.E.M class. Each class is 1 hour long.
- P.E. is designed to improve cognitive and effective learning through physical activity, movement exploration to promote health, and physical fitness.
- S.T.E.M will focus on themed activities that involve Science, Technology, Engineering, and Mathematics.

### PRICING

- Registration is by Semester. (Spring semester Feb. 3rd - Apr.28th)
- Members: \$90
  - Nonmembers: \$100

\*Spots are limited and first come, first serve. Spots are subject to fill before registration closes. If spots fill before registration begins there will be a waitlist, however there is no guarantee a spot will become available\*

### SESSIONS

Sessions are every Tuesday from 9am-11:30am

- Ages 5-8: P.E. 9am-10am & S.T.E.M 10:30am-11:30am
- Ages 9-12: S.T.E.M 9am-10am & P.E. 10:30am-11:30am

\*Snack/Bathroom break: 10am-10:30am\* - The YMCA does NOT provide snacks. They can be brought from home or purchased at our snack shack.

### SEMESTER DATES

February: 3,10,17, 24  
Theme: Winter Wonderland

March: 3,10,24,31 (no session on the 17th for Spring Break)  
Theme: Space is the Place

April: 7,14,21,28  
Theme: Around the World

May: 8 - Field Day

Our Mission: A worldwide charitable fellowship united by a common loyalty to Jesus Christ for the purpose of helping people grow in spirit, mind and body.

### STAFF

Katie Gainous - Program Coordinator  
Malissa Scheib- S.T.E.M Lead Instructor  
Lena Moss - P.E. Lead Instructor  
Crystal Bridges - Program Assistant  
Katy Hatcher - Program Assistant

Main Point of Contact - [kgainous@ymcamidtn.org](mailto:kgainous@ymcamidtn.org)

### POLICIES & EXPECTATIONS

1. Follow Instructions.
2. Be respectful in tone and language.
3. Be kind, encouraging, and helpful to all peers and staff.
4. Must not prevent other students from being able to fully participate.
5. Participant arrives ready to participate. \* Tennis shoes, long hair pulled back, fitness appropriate attire. \*

### BEHAVIOR PROCESS

1st issue: Think sheet reviewed with parent at check out - written warning.  
2nd issue: Parent meeting + Behavior contract - Formal write up.  
3rd issue: Suspension.

\*Disciplinary action may vary by situation. Any physical violence or bullying is an automatic suspension\*

\*No refunds or accommodations for behavior misconduct\* - see attached sheet for more policies.

Registration available online at  
[https://midtn.recliquecore.com/programs/8159/homeschool/#division\\_3002967](https://midtn.recliquecore.com/programs/8159/homeschool/#division_3002967)



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#### **Refund & Make-up Policy**

- There are **NO** refunds unless the **YMCA** cancels more than 2 classes for the month's sessions.
- The YMCA will provide a make-up day for sessions cancelled by the YMCA.
- Make-up days are not provided for missed sessions.

#### **Attire**

- Participants **MUST** wear comfortable clothing that will not prohibit them from safely and comfortably participating.
- Participants should arrive ready and by 9am to keep activities on time. Can be checked in at 8:50am.
- Participants should have long hair pulled back.
- Participants **MUST** wear **TENNIS SHOES**. No sandals, boots, crocs etc. They cannot be checked in without proper shoes.
- S.T.E.M is likely to get messy; it is recommended that participants not wear anything you do not want stained.
- Participants should bring a refillable water bottle every week. It is recommended to bring a snack for the break time but not required.
- Locker rentals are available for \$8 a month.

#### **Communication**

- For urgent information (we use an app), a text will be sent out to the primary parent/guardian that is listed during registration.
- For non-urgent information & monthly newsletters, you will receive a email through a marketing software - If you are not seeing these in your mailbox, check junk/spam folder or notify me.
- Monthly newsletters will include monthly lesson plans and upcoming events etc. Emails/Newsletters will go to the primary parent/guardian listed during registration.

#### **Check In/Out & Parents Corner**

- Drop off & Pick up will take place in the basketball gym. Once checked in, all children will then be escorted by staff to their correct class. When picking up, please wait in the gym. DO NOT crowd the hallway. All children must be picked up from the gym and signed out by authorized pick up persons.
- Authorized drop off/ pick-up persons must be age 18+ and be listed during registration. If they are not listed, I must receive a notice of who that person is in writing to my email [kgainous@ymcamidtn.org](mailto:kgainous@ymcamidtn.org). They will need to show an ID as well.
- Parents that are members may leave the facility, wait in the seated area of the gym/hall, or utilize facility. If parent is not a member, they may leave or wait in the waiting area.
- From 10am-10:30am there will be a break to allow staff to reset for the next class. This break is a good time for participants to go to the bathroom as well as have a snack. Snacks will need to be brought from home or purchased from our snack shack.
- Children are under staff supervision during their snack break, so parents do not need to come back until pick up time unless desired.
- **If your child has any food or material allergies, please make sure it is listed when registering . S.T.E.M will incorporate food and material items that some may have allergens to – this allows us to find alternatives. These must be true allergies not preferences..**