

# HOMESCHOOL FITNESS PROGRAM



**SESSIONS:**  
**EVERY THURSDAY**  
**May 7- June 18**  
**11:30 A.M.-12:30 P.M.**

**REGISTRATION**

**Must be registered with CYS.**

**First Time & Renewing Participants**

Register at Parent Central Services or online with Web Trac (Online enrollment is available for limited activities.)

**Schofield Barracks**  
 Parent Central Services  
 241 Hewitt St. • Bldg. 1283  
 (808) 787-7464



PCS Hours of Operation

**AMR Parent Central Service**  
 154 Kauhini Road • Bldg. 1782  
 (808) 787-7465

**Web Trac**



Scan QR code to access Web Trac, registration, and see available activities.

Web Trac Registration

Scan QR code for Web Trac online registration instructions.



Web Trac Instructions

**CYS SPORTS OFFICE**

For information regarding our Youth Sports Program or becoming a Volunteer Coach, contact your local Youth Sports Office:

**Schofield Barracks**  
 2251 McMahon Rd. • Bldg. 9090  
 (808) 630-7305

**AMR**  
 154 Kauhini Road • Bldg. 1782  
 (808) 330-9327

Are you a homeschooling parent looking for a fun and educational way to keep your kids active while earning school credits? The CYS Homeschool Fitness Program offers a unique blend of physical activity and learning to keep your kids engaged and healthy.

**REGISTRATION DATES: APRIL 1-30**

**LOCATIONS:**

**Bennett Youth Center Gym**  
 2251 McMahon Road, Bldg. 9090  
 Schofield Barracks, Hawaii 96857

**AMR School Age Center Gym**  
 154 Kauhini Road, Bldg. 1782  
 Honolulu, Hawaii 96818

**COST:**

**\$30** per child

Must be 5 years old by May 7, 2026. (Ages: 5-18) Year of eligibility: 2008-2021

**NO REFUNDS**

**REQUIREMENTS:**

- Medical Action Plan (MAP) required if there is a health condition
- Health Assessment/Sports Physical Statement (HASPS) required for all participants
- The EFMP form (DA7725 Health Screening Tool) is a requirement for all registrations, regardless of EFMP status

**CYS and Safety Protocols\***

- No Jewelry | Shorts: no pockets, fingertip length or longer | No hair beads
- Glasses: must wear sports goggles or a strap at all times.

**SUBJECT TO CHANGE\***