

# HOMESCHOOL FITNESS PROGRAM



**SESSIONS:**  
 EVERY THURSDAY  
**August 6 -**  
**September 17**  
**11:30 A.M.-12:30 P.M.**

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: JULY 1-31

### 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



Web Trac Registration

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

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**

### 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 August 6  
 (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\***

