

P.E. IN THE PARK-HOUSTON

IMPORTANT INFORMATION REGARDING YOUR CLASS

- YOU NEED TO ARRIVE NO LATER THAN 6:00 am ON YOUR START DATE
- CLASS SCHEDULE IS AS FOLLOWS: TUES & THURS 6:15-7:15 PM
- ADD 2 morning classes per week 6:00-7:00 am (see sign up details)
- BRING A 32 OZ WATER BOTTLE FILLED WITH WATER
- A UNIFORM T-SHIRT WILL BE ISSUED TO YOU.
- BRING AN EXERCISE MAT TO CLASS or PURCHASE ONE FROM SEAL P.T.

MEETING PLACE: **Memorial Park. Picnic Loop. To the left of the sand volleyball courts.**

Your safety is of utmost importance to us. Do not get out of your vehicle until a group of other new students arrive.

We aren't concerned with what you can't do – only with what you can!

PLEASE NOTE YOU MUST PAY IN FULL ASAP

PLEASE CALL THE OFFICE @ 281-471-4977 FOR PAYMENT