

## DIScover P.E. Frequently Asked Questions

- 1. Do I need to buy a membership to enroll my child(ren)?**
  - a. No, a membership is not required but the price per child will be an additional \$10 per three hour block.
- 2. What is the pricing of a 3 hour P.E. block?**
  - a. For DIS members per child per 3 hour block the price is \$40 per child, \$50 for non-members.
- 3. Is there a sibling discount?**
  - a. There is not a sibling discount but the P.E. program is an inexpensive active play option for families.
- 4. How many children will be enrolled at a time in a morning or afternoon block?**
  - a. There will be no more than 25 children per playing surface registered for a 3 hour block. While each 3 hour block will register 25 children, these blocks will further be separated into groups of 10 at the most. This will be their group (pod) for the 3 hour block.
- 5. What is the ratio of instructor to child?**
  - a. 1:10. There will be one instructor per 10 children.
- 6. What if my child(ren) can only attend 2 of the 3 hours we registered for?**
  - a. While you may have to cut your child's DIS P.E. time short, we are confident that the time they spent at DIS P.E. will be time well spent. We hope they will join us again.
- 7. Can I switch from one day/time to another?**
  - a. Yes, you can move your registration to another day/time provided the block is not already full.
- 8. What if my child is not interested in a particular activity being introduced?**
  - a. Our instructors will try to engage each child to participate as much as they are comfortable. For some children, new activities can be intimidating. Many times children enjoy watching until they become comfortable joining in.
- 9. What should my child wear to DIS P.E.?**
  - a. Children should wear comfortable clothes and sneakers. When the weather gets cooler, dressing in layers may be a good idea. When weather allows, we may take advantage of our outdoor space.
- 10. Does my child need to bring any equipment?**
  - a. Please have them bring their own labeled water bottle. Peanut free snacks are allowed.
- 11. My child is differently abled, can they participate in DIS P.E.?**
  - a. All children should reap the benefits of P.E. If your child has special needs but is excited to have P.E. with his/her peers, please email [sandy@danversindoorsports.com](mailto:sandy@danversindoorsports.com) and share with her how we can best ensure a great experience for your child. DIS is currently exploring a separate P.E. option for children with special needs.

**12. How do I cancel my registration?**

- a. Please email [sandy@danversindoorsports.com](mailto:sandy@danversindoorsports.com) with your name, child's name, day/time you registered for at least 24 hours beforehand. We can also move your registration to another day/time if convenient.

**13. How is an hour structured?**

- a. An overview of a typical block can be found below.

**14. Can my child bring school work to complete during DIS P.E.?**

- a. DIS P.E. will be held in an active play area. We strongly discourage children from bringing in laptops, ipads, or other handheld devices that may get broken. We will encourage all children to participate to the best of their ability in each activity.

**15. What if my child's school schedule changes? Can I move my registration or get a refund?**

- a. Absolutely. Please email [sandy@danversindoorsports.com](mailto:sandy@danversindoorsports.com).

**16. Can my child bring a snack or food?**

- a. Children can bring a peanut free snack to eat when we break for handwashing. No food is allowed in the active play area.

**17. Can I organize my own group/pod of children?**

- a. DIScover R.E.C.E.S.S. is another new option for families. DIScover R.E.C.E.S.S. stands for recreation, exercise, conditioning, education, social, strength. It runs M-F in 1 hour blocks of active free play. An instructor will be available to oversee the play area only. The cost is \$10 per child. No membership is necessary. Families are encouraged to register their child with a group of no more than 10 children. This will be their SQUAD POD and they will be provided their own space and sanitized equipment for the hour. To book an hour of DIScover R.E.C.E.S.S. please contact [sandy@danversindoorsports.com](mailto:sandy@danversindoorsports.com).
- b. We also encourage families that are participating in family pods or pods of remote learners to schedule their P.E. component at Danvers Indoor Sports. Please keep your Pods to groups of 10 or less and of similar age.

**18. What safety measures are being taken?**

- a. DIScover PE will follow Massachusetts guidelines for Covid-19. Policies and procedures will be added to the DIS website and update regularly. All participants will start with a temperature check and hand sanitizing before entering the facility.
- b. A covid sign in questionnaire must be completed prior to participation.

**19. Will the P.E. activities all be sport based?**

- a. No. Just as in a typical P.E. class we will be introducing games and activities that reinforce fundamental and functional movements as well as social skills through an introduction to select sports, fitness activities, cooperative games, backyard games, and fitness/coordination exercises.

Sample Morning or Afternoon 3-Hour Block:

- 1st hour: Block 1: Group/POD configurations and introductions  
Warm-up Activity  
Introduction to a fitness/strength activity or fitness game (2 stations)  
End with cool down/discussion/recap led by coach of learned and positive outcomes
- 2nd hour: Block 2: Group/POD configurations and introductions  
Warm-up Activity  
Introduction to a sport, ex. Basketball activities (2 stations)  
End with instructor led cool down/discussion/recap of learned and positive outcomes
- 3rd hour: Block 3: Group/POD configurations and introductions  
Warm-up Activity  
Introduction to Active Play, ex. Backyard games (2 stations)  
End with instructor led cool down/discussion/recap of learned and positive outcomes