



PE OFFERINGS AT RANCHO MIRAGE HIGH SCHOOL

For your sophomore, junior, or senior year

- **Lifetime Sports** - Variety of activities including basketball, soccer, and walking.
- **Low Impact Aerobics** - Daily workouts that include strength training, cardio, yoga, pilates, etc. *Already taken Aerobics? Sign up for Advanced Low Impact Aerobics.*
- **Weight Training** - Daily strength training workout held in the weight room. *Already taken Weight Training? Sign up for Advanced Weight Training.*

DANCE CLASSES

Dance classes are more than just PE. You also will be performing onstage for two or more shows a year!

- **Dance I** - if you have not taken Dance I already and would like to learn dance fundamentals, this is the class for you! This class is designed for beginning dancers.
- **Dance II** - If you already took Dance I, you can sign up for Dance II to continue to develop your skills as a dancer. This class moves faster than Dance I, but still works on developing basic dance technique.
- **Dance III/IV** - If you already took Dance II, you can sign up for Dance III/IV. If you did not take Dance II, you need to audition to be placed in that class. [Click here to access the application.](#)

Dance II and Dance III/IV can also count as performing art credits.

PE FOR ATHLETES

Planning on playing a sport next year?
Check out these classes!

- **Basketball/Golf** - Contact [Coach Hanmer](#) to get on the list for his PE Advanced class.
- **Football** - Contact [Coach Matthews](#) to get on the list for his PE Advanced class.
- **Baseball/Softball/Volleyball** - Contact [Coach Shaw](#) to get on the list for his PE Advanced class.
- **Soccer** - Sign up for Lifetime Sports.
- **Other sports** - Sign up up for Weight Training or Low Impact Aerobics to get daily conditioning workouts.