



**Alamo Heights Independent School District
Approved Off-Campus
Physical Activity Programs for PE Credit**

Category I

- Students are supervised a minimum of 15 hours per week with highly intensive professional training
- The training facility, instructors, and activities involved in the program are certified by the superintendent to be of exceptional quality
- Students qualifying and participating at this level are dismissed from school no more than one period per day
- Students do not miss any class other than physical education

Campus Program	Entity Providing Service
Ballet	Ballet Conservatory of South Texas
Ballet	Connally's Dance Workshop, Inc. (SA Metropolitan Ballet)
Ballet	Dance Center of San Antonio
Ballet	Pre Professional Ballet School of San Antonio
Cheerleading	Rebecca Rios
Cycling	National Interscholastic Cycling Association
Equestrian	Russell Equestrian Center
Equestrian	San Antonio Polo Club
Fencing	Alamo Fencing Academy
Golf	San Antonio Country Club
Golf	Michael Wray Performance Golf
Gymnastics	Aerial Athletics
Gymnastics	Maverick's Gymnastics
Gymnastics	Sunburst Gymnastics Academy
Gymnastics	Acrobatic Gymnastics of San Antonio
Cheerleading	Rebecca Rios
Soccer	US Soccer Development Academy
Tennis	John Newcombe Tennis Academy
Tennis	PH-Meta Tennis
Tennis	Whispering Oaks
Tennis	University of the Incarnate Word
Tennis	Ivic Oliver High Performance Tennis
Water Skiing and Wakeboarding	USA Water Ski and Wake Sports Organization (AWSA)

Category II

- Students are well supervised by appropriately trained instructors
- Students participate in the physical activity for at least 5 hours per week
- Students who participate at this level are not dismissed from any part of the school day

Campus Program	Entity Providing Service
Ballet	Dance Center of San Antonio
Cheerleading	Rebecca Rios
Equestrian	Turkey Creek Stables
Equestrian	US Hunter/Jumpers Club
Fencing	Alamo Fencing Academy
Fencing	Olympian Fencing Club
Gymnastics	Maverick's Gymnastics
Gymnastics	Olympia Gym
Horsemanship Riding	Oak Valley Stables
Swimming	AH Swimmers Club
Swimming	Cygnets
Swimming	SA Country Club
Swimming	Streamlined Aquatics
Synchronized Swimming	AH Swimmers Club
Taekwondo	ACTS Taekwondo
Tennis	FIT High Performance Tennis
Tennis	University of the Incarnate Word
Tennis	Ivic Oliver High Performance Tennis
Water Skiing and Wakeboarding	USA Water Ski and Wake Sports Organization (AWSA)