



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 San Antonio                       |
| Ballet         | Connally's Dance Workshop, Inc. (SA Metropolitan Ballet) |
| Ballet         | Dance Center of San Antonio                              |
| 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     | Sunburst Gymnastics Academy                              |
| Gymnastics     | Acrobatic Gymnastics of San Antonio                      |
| Cheerleading   | Rebecca Rios   |
| Tennis         | John Newcombe Tennis Academy                             |
| Tennis         | PH-Meta Tennis   |
| Tennis         | Whispering Oaks  |
| Tennis         | University of the Incarnate Word                         |

### 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         |
|-----------------------|----------------------------------|
| Cheerleading          | Rebecca Rios                     |
| Equestrian            | Turkey Creek Stables             |
| Equestrian            | US Hunter/Jumpers Club           |
| Gymnastics            | Olympia Gym                      |
| Swimming              | AH Swimmers Club                 |
| Swimming              | Cygnets                          |
| Swimming              | SA Country Club                  |
| Swimming              | Streamlined Aquatics             |
| Synchronized Swimming | AH Swimmers Club                 |
| Tennis                | FIT High Performance Tennis      |
| Tennis                | University of the Incarnate Word |
| Horsemanship Riding   | Oak Valley Stables               |
| Ballet                | Dance Center of San Antonio      |
| Fencing               | Alamo Fencing Academy            |
| Fencing               | Olympian Fencing Club            |
|                       |                                  |