



**Off Campus Physical Education Providers
for 2024-2025 School Year**

Activity	Providers	Description
Baseball	<ul style="list-style-type: none"> - Hill Country Baseball Club 	Category I and II training in hitting, pitching, fielding, throwing, catching, arm care, speed and agility conditioning, as well as gameplay and strategy aspects of baseball
Cycling Sports	<ul style="list-style-type: none"> - Coach Ahmadi Cycling - Doug Lang MX School (The Summit Bike Club) - Lake Travis Racing Mt. Biking - LT Mountain Biking Club(s) <p><u>Category II only:</u></p> <ul style="list-style-type: none"> - <i>The Summit Bike Club</i> 	Various Trainings that includes 15 hours/week for Category I or 5 hours/week for Category II; training to improve skills, endurance, and overall performance, and includes cardiovascular workouts along with strength and core training
Dance	<ul style="list-style-type: none"> - Alisa's Dance Academy - Austin Dance Conservatory - Balance - Ballet Austin - Body Lab - Dance Inst Performance Acad - The Dance Spot - Grace Ballet - ONE Academy - PAIYH - Premiere Dance Center - TexArts - West Austin Dance Academy - Zach Theatre Pre-Professionals - 620 Dance Centre 	Dance Training that includes 15 hours/week for Category I or 5 hours/week for Category II; training can include ballet, tap, jazz, contemporary styles as well as workouts to build core



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Equestrian	<ul style="list-style-type: none"> - All Sports Equine - Bee Cave Riding Center - Bel Canto Farms - Carragio Equestrian - Countyline Polo - Cooper Hill Show Jumpers - Galloping Springs Ranch - Ashley - Glendaloch Farms - L&D Farms - Lazy Rockin B Riding Center - Little Green Barn - Longhorn Polo Center - Madrone Ranch Stables - Paul Cates Stables - Rio Vista Farm - Shaw Dressage - Southern Way Farm - Westridge Farms - XLR8 Ranch 	Equestrian Training that includes 15 hours/week for Category I or 5 hours/week for Category II; training can include cardiovascular training to assist in more agility on the horse, as well as riding, jumping and caring for the animal
Golf	<ul style="list-style-type: none"> - The Academy of Golf Dynamics - Austin Golf Institute - Garry Rippey, PGA - The Hills Country Club - The Hills Golf - River Place Country Club - Spanish Oaks Golf Club - The UT Golf Club - World of Tennis (Hills) Golf 	Golf Training that includes 15 hours/week for Category I or 5 hours/week for Category II; training can include cardiovascular training to assist in more agility as well as working on improving golf swing through muscle movement activities
Gymnastics	<ul style="list-style-type: none"> - AcroTex Gymnastics - Austin Elite Gymnastics - Austin Tumbling Academy - Capital Gymnastics Cedar Park - Champions Westlake - Cheer Athletics Austin - Crenshaw Athletic Club - Electric Avenue Acro - Flipnastics - Gymact - Moxie - National Elite Gymnastics - Powerhouse Cheer & Fitness - Tumble Tech 	Gymnastic Training that includes 15 hours/week for Category I or 5 hours/week for Category II; training can include cardiovascular training to assist in more agility as dance training, weight lifting and overall core training.
Ice Skating	<ul style="list-style-type: none"> - Chapparal Ice: Hockey and Figure Skating - McLaughlin Elite Skating Academy 	Ice Skating training that includes 15 hours/week for Category I or 5 hours/week for Category II; cardiovascular training to assist in balance, agility and ballet, strength and conditioning, jumps, etc.



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Lacrosse	<ul style="list-style-type: none"> - Austin Girls Lacrosse - LT Boys Lacrosse - LT Girls Lacrosse 	Lacrosse training that includes cardiovascular workouts along with strength training
Martial Arts	<ul style="list-style-type: none"> - Lakeway Tae Kwan Do 	Martial Arts Training that includes 15 hours/week for Category I or 5 hours/week for Category II; training that includes cardiovascular workouts along with strength and core training
Rowing	<ul style="list-style-type: none"> - Austin Rowing Club - Austin Yacht Club - Texas Rowing Center 	Team Rowing Training that includes 15 hours/week for Category I or 5 hours/week for Category II; training that includes cardiovascular workouts along with strength and core training
Soccer	<ul style="list-style-type: none"> - Austin FC - Austin Texans Soccer Club - Dundee Juniors of Central TX - Hill Country Indoor Soccer Academy - Lonestar Soccer Club - One World Soccer - Sonny Guadarrama Academy (SGA) 	Soccer Training that includes 15 hours/week for Category I or 5 hours/week for Category II; training that includes cardiovascular workouts along with strength and core training
Swimming	<ul style="list-style-type: none"> - Austin Swim Club - Capital Area Aquatics (formerly Lost Creek Aquatics) - Lakeway Aquatic Physical Therapy - Nitro Swimming - UT Longhorn Aquatics 	Swim Training that includes 15 hours/week for Category I or 5 hours/week for Category II; training that includes cardiovascular workouts along with strength and core training.
Tennis	<ul style="list-style-type: none"> - ATX D3 Tennis - Austin Tennis Academy - Brian McPhee, Tennis Pro - Cross Court Tennis - Grey Rock Tennis Club - The Hills Country Club - Mac 360 - Polo Tennis Club - UT Tennis Club - World of Tennis (the Hills) 	Tennis Training that includes 15 hours/week for Category I or 5 hours/week for Category II; training that includes cardiovascular workouts along with strength and core training
Volleyball	<ul style="list-style-type: none"> - Austin Juniors Volleyball - Austin Performance Volleyball - Austin Skyline Juniors - Project Serve Beach Volleyball - Roots Volleyball - TX Volleyball Tour 	Volleyball Training that includes 15 hours/week for Category I or 5 hours/week for Category II; training that includes cardiovascular workouts along with strength and core training



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Miscellaneous	<ul style="list-style-type: none">- Bodywise- Capital City Strength & Conditioning- Empirical Fitness- G10 Academy- Helix Elite Performance- Hill Country Indoor Sports and Fitness Athletic Training- Round Rock Fencing Club- Team Texas Climbing - Ahmed Toure- Xceleration Sports Performance Labs- Born to Run- Burnet County 4H-Stonehill Shooting Club <p><u>Category II only:</u></p> <ul style="list-style-type: none">- <i>Camp Gladiator</i>- <i>CrossFit</i>- <i>Kula Sports</i>- <i>The Summit Bike Club</i>- <i>Burnet County 4H</i>	Various Trainings that includes 15 hours/week for Category I or 5 hours/week for Category II; training that includes cardiovascular workouts along with strength and core training