

CYO Sports and Physical Education

We are committed to educating the whole child: mind, body and spirit.

A well-rounded child needs healthy outlets that teach teamwork, discipline and sportsmanship. The CYO Sports and physical education programs at Our Lady of the Lake teach youth not only to be competitors, but to be good citizens as well.

Our quality gym facilities provide great space for our students to learn and play, and also allow us to host competitions from throughout the region. Our strong physical education program gives our students access to an array of sports options year-round, and our dedicated coaches and parents help us make sure all our kids are winners.

For more information about our physical education programs and all our educational offerings, please call us.

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