



Kids in Motion - Fun Fitness

Kids Zumba

This is a WSES PTA sponsored program!

Grades: K-6

Class Time: 4:05-5:05pm

Location: Cafeteria

Fridays: Oct 1, 8, 15 Nov 5, 12, 19 Dec 3, 10 = 8 classes
(no class Oct 22, Oct 29, Nov 26)

*Oct 22nd is a regular school day, but there is no class due to a PTA sponsored event

To Register: \$101.00 online at www.novakidsinmotion.com and click on the top left "Online Registration

Zumba Benefits:

- High energy
- Kid friendly routines
- Exercise after school
- Work out to music
- Upbeat environment
- Make Friends
- Always a party!



Class Description:

Zumba® is for kids in grades K-6. This class is a high energy, contagiously exciting dance fitness workout specifically designed for children. Classes are designed with kid friendly music, movements, and routines. In addition to a dance work out, they will also play games such as freeze dance, dancing 4 corners, limbo, center star, balloon games, and many more. Zumba for Kids is a perfect fit for children and it creates an environment of excitement around being healthy and active! This class helps children making friends, get active after school, and love dance fitness.

Be advised:

While all reasonable precautions will be taken to assure my child's safety and to prevent any injuries from occurring, I will not hold the Instructor, Kids in Motion, the school, the PTA and related officers and members liable for any accident that may occur. Also, Photos or video may be taking during classes or other events and may be displayed on KIM related materials or websites.

Contact us: **703-927-8653** or eleni@novakidsinmotion.com

Visit us: www.novakidsinmotion.com