

Kids in Motion - Fitness Programs for Kids!

Kids!

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**This is a SVES PTA
Sponsored Program!!**

Zumba for

Sunrise Valley

Grades: K-6 in gym **Class Time:** 8:15-9:10 AM. Kids dismiss at 9:15 for their 9:20 class time

Dates: Thursdays in the Gym Feb 2, 9, 16, 23 Mar 2, 9, 16, 23 = 8 classes (none missed)

To Register: Online Registration - Sign up for SVES PTA Enrichment Programs at PAY4SCHOOLSTUFF.COM

Zumba Kid Benefits:

- High energy, fun in motion
- Kid friendly routines
- Make friends
- Get moving after school
- Upbeat environment
- Kid friendly music

Class Description:

Offered by Kids in Motion, Zumba class for kids in grades K-6 is a high energy, contagiously exciting dance workout specifically designed for children. Classes are designed with kid friendly music, movements, and routines. 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 boost metabolism and increase focus, coordination, and self-confidence. Zumba instructors are certified Zumba Kids instructors through Zumba International, which certifies them to teach 4-12 year old children. Instructors receive further training through Kids in Motion lead instructors.

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 or related officers and members liable for any accident that may occur. Also, photos or video may be taken 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