## *Zumbatomic! Zumba for Kids

***4-12 yrs*** BASE

Designed exclusively for kids (ages 4-12), Zumbatomic classes are rockin', high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. Zumbatomic rounds out family fitness goals by giving parents a great reason to head to the gym – for themselves, for their kids, for a totally fun family experience.

**LIL' STARZ'** class is designed for Kids ages 4-7.

| Code | R/NR | Day | Time | Date | No class |
|---|---|---|---|---|---|
| 314270-A | $20/$30 | Mon | 3:30-4:15pm | 1/14-2/11 | 1/21 |
| 314270-B | $20/$30 | Mon | 3:30-4:15pm | 2/25-3/18 | NA |
| 314270-C | $20/$30 | Mon | 3:30-4:15pm | 4/8-4/29 | NA |

**BIG STARZ'** class is designed for Kids ages 8-12.

| Code | R/NR | Day | Time | Date | No Class |
|---|---|---|---|---|---|
| 314271-A | $20/$30 | Mon | 4:20-5:05pm | 1/14-2/11 | 1/21 |
| 314271-B | $20/$30 | Mon | 4:20-5:05pm | 2/25-3/18 | NA |
| 314271-C | $20/$30 | Mon | 4:20-5:05pm | 4/8-4/29 | NA |

## *Kids Yoga

***2-8yrs***

Enjoy a relaxing and fun class with your child through yoga, interactive songs, and stories. Yoga enhances flexibility, strength, coordination, and body awareness as well as a child's focus and ability to calm themselves. We'll combine yoga poses, song, dance, stories, and end with a restful period where you and your child can cuddle together or relax separately.

| Code | R/NR | Day | Time | Date |
|---|---|---|---|---|
| 315000-A | $25/$35 | Sun | 9:30-10:15am | 1/6-1/27 |
| 315000-B | $25/$35 | Sun | 9:30-10:15am | 2/3-2/24 |
| 315000-C | $25/$35 | Sun | 9:30-10:15am | 3/3-3/24 |
| 315000-D | $25/$35 | Sun | 9:30-10:15am | 4/7-4/28 |

## *Tiny Tots Dance *3-4 yrs*

***Location: Bob L. Burger Recreation Center***

Classes are designed for the dancers who want to have fun and learn to dance. Girls must have ballet shoes, pink tights, leotard and hair in a bun. Boys must have blue or black shorts, white t-shirt and white ballet shoes. Instruction porvided by Reverence Academy of Dance.

| Code | R/NR | Day | Time | Date | No Class |
|---|---|---|---|---|---|
| 311550-A | $80/$90 | Wed | 3:45-4:30pm | 1/9-2/27 | N/A |
| 311550-B | $80/$90 | Wed | 3:45-4:30pm | 3/6-5/1 | 3/27 |

## *Beginning Ballet *4-5 yrs* BASE

***Location: Bob L. Burger Recreation Center***

Learn the basics of ballet in a fun and relaxed atmosphere. Girls must have ballet shoes, pink tights, leotard and hair in a bun. Boys must have blue or black shorts, white t-shirt and white ballet shoes. Instruction by Reverence Academy of Dance.

| Code | R/NR | Day | Time | Date | No Class |
|---|---|---|---|---|---|
| 311551-A | $80/$90 | Wed | 4:30-5:15pm | 1/9-2/27 | N/A |
| 311551-B | $80/$90 | Wed | 4:30-5:15pm | 3/6-5/1 | 3/27 |

## *Jump Bunch - Sports & Fitness for Preschoolers

***3-5 yrs***

Our goal is to provide a non-competitive, age-appropriate, introduction to a wide range sports while building coordination, self-esteem and encouraging healthy habits early. JumpBunch uses an approach that integrates the physical and mental aspects of each lesson; children have a chance to experience each sport. This winter we will teach football, basketball, hockey, soccer, and many others!

| Code | R/NR | Day | Time | Date | No Class | Location |
|---|---|---|---|---|---|---|
| 314250-A | $60/ $70 | Mon | 3- 3:45pm | 1/7-2/25 | 1/21 & 2/18 | Racquet-ball Ct. |
| 314250-B | $60/ $70 | Mon | 3:30- 4:15pm | 3/4-4/22 | 3/25 & 4/1 | Gym |

## *Jump Bunch Sports & Fitness for School Age Kids

***5-11 yrs*** BASE

Introduce school-age children to a wide range of sports and fitness activities in a fun, non-competitive manner. Each week, we will learn about the basic fundamentals of a different sport, leaving plenty of time to practice skills! We encourage teamwork, sportsmanship, and cooperation.This winter we will teach football, basketball, hockey, soccer, and many others!

| Code | R/NR | Day | Time | Date | No Class | Location |
|---|---|---|---|---|---|---|
| 314251-A | $60/ $70 | Mon | 3:45- 4:30pm | 1/7-2/25 | 1/21 & 2/18 | Racquet-ball Ct. |
| 314251-B | $60/ $70 | Mon | 4:15- 5pm | 3/4-4/22 | 3/25 & 4/1 | Gym |