

VALLEY STREAM RECREATION DEPARTMENT

Presents

Kid Fit

(For Beginners)

Held at the Valley Stream Community Center

Boys & Girls ages 7 to 11

An opportunity for your child to have fun while experiencing the
World of Zumba and Yoga!

How will this benefit my child?

- *Boosts confidence, self-esteem
- *Psychological well-being
- *Develop memory skills, creativity
- *Learn self-control, trust, respect
- *Coordination & balance
- *Make new friends, teamwork
- *Kid-friendly routines

Develops a healthy lifestyle while incorporating fitness as a natural part of your child's life by making fitness fun!

Registration in person by parent/guardian at the Valley Stream Community Center, located at lakeside in Hendrickson Park, behind Central High School or online at www.vsrec.org.

Open to Valley Stream residents & non-residents alike. *Spaces are limited*

The program runs for 6 weekly sessions (3-Yoga and 3-Zumba) 1 hour per session:

Mondays: 5:30PM to 6:30PM – Oct 1, Oct 15 & Oct 22 – Yoga (NO CLASS Oct. 8)
Oct 29, Nov 5 & Nov 12 – Zumba

Fee: \$65.00 per child - Payments made by check written out to: Inc. Village of Valley Stream or credit card (a small credit card fee applies) *NO CASH ACCEPTED* *NO REFUNDS*

NO MAKE-UP OR SUBSTITUTING OF CLASSES *Classes given by certified Instructors*

YOGA MAT NEEDED FOR YOGA CLASSES

***PARENTS/GUARDIANS; CHILD MUST ARRIVE 15 MINS PRIOR TO CLASS BEGINNING. PLEASE BE SURE YOUR CHILD IS WEARING COMFORTABLE CLOTHING AND SNEAKERS. Thank you.**



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