



Kids in Motion - Fun Fitness

Zumba Kids with Glow Lights

This is a PTA Sponsored Program

Grades: K-6 **Space:** Black Box Theatre Room **Time:** 3:50-4:50pm

Dates: Wednesdays Sept 27 Oct 4, 11, 18, 25 Nov 1, 8, 15, 29 = 9 classes
(no class Nov 22)

Registration: Sign up is through your PTA



Zumba with Strobe Lights Description:

This exciting one-of-a kind class uses the great Zumba music and dance moves from our dance fitness classes, but we switch it up to include strobe lights! This class will be set in a creative dance environment where the students learn different dances to kid friendly songs and using kid friendly dance moves. For part of the class, lights are lowered and children are provided with finger flashlights to dance with to create a strobe light dance party! Children do get a work out from this class. Instructors are certified Zumba Kids instructors through Zumba International, which certifies them to teach 4-12 year old children, or they are experienced Hip Hop/Dance instructors. All instructors receive further training through Kids in Motion lead dance 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 Kids in Motion related materials or websites (with parental consent.)

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

Visit us: **www.novakidsinmotion.com**