



**For boys and girls
After school Zumba
ALL ABILITIES WELCOME
Starts Friday 5th January 3:05-4pm**

6-week course, Friday; Jan 5, 12, 19, 26th Feb 2, 9th
Cost £24 (sibling only £20)

Zumba Kids +Kids Jr features the famous Zumba Fitness music, rhythms, and beats along with Zumba choreography broken down into kid-friendly routines. Giving children an outlet to jump, dance, shake, and swing their hips, it's the perfect recipe for fitness fun. Zumba Kids also add age-appropriate games and activities, helping children gain coordination, self-confidence, overcome fears, learn about team work, and much more,

It's a well-known fact that fitness is an essential part to children's health. Zumba, which literally means "moving quickly and having fun" is the perfect way to incorporate exercise into kids' lives in a fun, easy way with multiple person and social benefits.

Children should bring water bottles, trainers and gym wear.

For more information, please contact 07796138414 and NOT the school.

APPLICATION FORM

Please detach and return to school along with your payment. Please make cheques payable to Jenna Hiscock and write child's name on back. Please put in envelope with child's name on.

Childs name: _____ . Enclosed Total; _____ .

Age; _____ .

Emergency contact number; _____ .

Medical conditions; _____ .

Signed;

parent/gardian

Date;