



Kids in Motion - Fun Fitness

Ultimate Dance Fitness

Sponsored by the Wakefield Forest PTA

Grades: K-6

Class Time: 3:30-4:30

Location: Gym

Fridays: Sept 29 Oct 6, 13, 20, 27 Nov 10, 17 Dec 1 = 8 classes (no class Nov 3, Nov 24)

To Register Online: \$138.00 <http://www.novakidsinmotion.com/registration/>

After School Benefits:

- High energy
- Kid friendly routines
- Kids friendly music
- Make friends
- Great exercise
- Get moving after school



Class Description:

Kids in Motion students will dance, jump, run, and play the whole hour! Kids follow along with the teacher to songs and dances, play games that include limbo sticks, balloons, freeze dance, dancing 4 corners, dancing hot potato, follow the leader, and more! This is a dance fitness class using kid friendly songs, choreography, and dance games. This class helps children make friends, get active after school, and love dance fitness!

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.

Please note: These materials are neither sponsored nor endorsed by the Fairfax County School Board, the Superintendent or this school.

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

Visit us: www.novakidsinmotion.com