



Zumba/Registration Form

Dear Parents,

We are now accepting registrations for a 7 week Summer Program. The cost is \$10.00/class, which comes to \$70.00 for the session, due by the first day of class. The schedule for the month of July has changed. We will have sessions on the following Wednesdays: July 12th, and July 19th from 3:30-4:15, and Tuesday July 25th from 3:30-4:15. During the month of August Zumba will continue on Thursdays from 3:30-4:15.

Making fitness FUN!

Each session will include a 10 minute warm up, 30 minutes of Zumba dancing with cultural awareness and Fun & Games. Then the session will conclude with a 5 minutes cool down. Children will learn the Zumba movements in a safe and structured environment. All steps will be broken down into simple combinations that are easy for the children to learn. These steps will help build your child's confidence. The sessions will give your child a positive look at personal fitness and work gross motor muscles to help promote healthy living while developing life skills: leadership, respect, teamwork, confidence, self-esteem, memory and creativity, coordination and cultural awareness.

Space is limited so act fast to ensure your child is part of this fun and rewarding program. Just complete the registration form below:

Registration Form

Child's name: _____

Age: _____

Parent's name: _____

Email Address: _____

Phone Number: (____) _____ - _____

Signature: _____

Date: _____

*By signing this form, I am acknowledging that injuries can result from any physical activity participation. I will not hold Zumba Kids Jr., Start-Rite Nursery School, or the instructor Laurie Fechter accountable, for any accident that may occur from participation.