



## Kids in Motion - Fun Fitness Programs

Keene Mill Elementary  
**PTA**<sup>®</sup>  
everychild.one voice.®

### Zumba Kids

@ Keene Mill ES

**Location:** Gym    **Grades:** K-5    **Class Time:** 4:00-5:00pm

**Dates:** Mondays Sept 25 Oct 2, 16, 23, 30 Nov 13, 20, 27 = 8 classes (no class Oct 9, Nov 6)

**To Register:** \$96.00 per child, sign up at [novakidsinmotion.com/registration](http://novakidsinmotion.com/registration)

#### Zumba Kid Benefits:

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



#### Zumba Description:

Offered by Kids in Motion, Zumba class for kids in grades K-5 is a high energy, contagiously exciting dance workout specifically designed for children. Classes are designed with kid friendly music, movements, and routines. Zumba for Kids is a perfect fit for children and it creates an environment of excitement around being healthy and active! This class helps children boost metabolism and increase focus, coordination, and self-confidence. Zumba instructors are certified Zumba Kids instructors, which certify them to teach 5-12 year old children. Instructors receive further training through Kids in Motion lead 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.

Contact us: **703-927-8653** or [eleni@novakidsinmotion.com](mailto:eleni@novakidsinmotion.com)

Visit us: [www.novakidsinmotion.com](http://www.novakidsinmotion.com)

**This Information is neither sponsored nor endorsed by the Fairfax County School Board, the Superintendent, or this school.**