

## **Yoga**

Tuesday 10:15 am – 11:00 am

Yoga is a great way to teach children the art of mindfulness, as well as enhance flexibility, strength, coordination, and body awareness.

## **Sports**

Thursday 10:15 am – 11:00 am

In this fun-filled class children practice building fundamental athletic skills such as balance, agility, and hand eye coordination by engaging in a variety of games and activities.

## **Music and Art**

Friday 10:15 am – 11:00 am

Saturday 9:30am-10:15am

Music is an exceptionally enriching activity for children that improves many areas of development. In this class children not only have fun singing, dancing, and playing instruments, but they are also encouraged to simulate their senses and get messy through the creation of art.

Availability: 2 – 6 participants

Ages: 2.5 – 5 years old

Cost: \$15 per class

## **School Holidays**

Additional programs and classes are offered on school holidays for children of all ages. Please contact the Kids' Club or check the club calendar for upcoming events.