

After School P.E. Enrichment

Limited space! Sign up early

Registration Deadline: September 30th

Monday: CIRC-FIT



CIRC-FIT is a class designed to offer a variety of circus arts and fitness activities. This is a perfect way for new students or beginner's to try different activities to see what they like. Some of the activities will include beginning unicycle, ZumbAtomic, double dutch, beginning tumbling, juggling, diablos, and more! All ages welcome but keep in mind that some kindergarteners may not be able to reach the pedals on a unicycle this early in the year. See attached flyer for more details.

Monday: YOGA

Classes include games, songs, dancing, storytelling, art projects and play. Students will be introduced to yoga asana (poses), meditation, pranayama (breathing) and philosophy of yoga in a fun and playful environment that is safe and supportive. Classes will focus on helping young people develop self-esteem, strength, flexibility, poise, body awareness, concentration, relaxation, cooperation and creativity. Parents are always welcome.



Tuesday: Intermediate/Advanced Unicycle



This year Intermediate/Advanced will be on Tuesday afternoons in order to give students more practice days. This is a great individual skill that teaches patience, self-motivation, and helps boost self-confidence. All students who were already in intermediate/advanced unicycle are welcome. New students will have to be able to show they can ride proficiently, do an individual skill, and one partner trick.

Wednesday: ZumbAtomic



ZumbAtomic is a FUN dance fitness class designed for kids. Students will learn Hip Hop to Funk, Latin Rhythms and fun games during this hour long class. My playlist is set to the hottest tracks from Pop – Top 40, World Music and so much more, all kid friendly of course. Students can learn up to 10 different dances in an hour session! Dance experience is **not** necessary; the goal is to keep kids active and moving! This class is appropriate for all ages and will be open to grades K-5!

Thursday: Intermediate Tumbling

Students in tumbling will practice skills on mats, vaulting, balance beams, and partner skills. In order to be in intermediate students must be able to do a proficient cartwheel and handstand. In addition, students must be able to one of the following skills: Front handspring, splits, handwalking, backbend, spider walk, or straddle vault.

