



Designed for primary-age children, Zumba Kids is a 60 minute dance and play fitness party. In a ZumbaKids class boys and girls can socialise, exercise to exclusively- designed moves choreographed to age-appropriate music and play fun games. It helps to teach children that exercise can be fun whilst raising self-esteem and learning a little about the world.

No dance experience is needed as Zumba Kids is a fitness program, so the moves are fitness orientated to include both cardio and toning.

The club is open to Years 2-6 and will be held in the Appledore School hall every Monday 3.30-4.30 during term time. The cost per class is £2.

The first class of the new term will be held on Monday 8 January.

### Who is the instructor?

My name is Carol Ley and I am a qualified Primary School teacher with 15 years' experience. I am a licensed Zumba and Zumba Kids instructor and teaching Zumba to children combines my two passions – working with children and keeping fit. I have a DBS and liability insurance.

TO REGISTER AN INTEREST OR FOR MORE INFORMATION CONTACT:

[carolley2622@gmail.com](mailto:carolley2622@gmail.com) or 07507933186