ZUMBA® kids jr



Offered by Licensed Zumba Instructor and OTA parent Heidi Weaver
Cell Phone (619) 228-3825 weaver_heidi@yahoo.com

Zumba Kids Jr. gives young kids (grades K-3) the opportunity to tap into their happy energy through easy-to-follow dance steps, infectious music, cool dance games and fun!

Our class will start off with a warm-up. We'll then get moving to fun songs with lively dance rhythms from around the world such as merengue, cumbia, reggaeton and salsa, and play exciting dance games. We'll wrap up the class with a relaxing cool-down and stretch. Kids should wear comfortable clothing (or snazzy dance attire). They should also bring a healthy snack and a water bottle. Class is located on the Kindergarten patio (rainy days in the 7th grade classroom).

$180/session + $20 (OTA fee) = $200 Mon./Weds. 3:15-4:30
Session Dates: *September 8th - November 5th*

The Zumba instructor is Ms. Heidi. Ms. Heidi is licensed to teach Zumba Basic I, Zumba Kids Jr., Zumba Kids and Aqua Zumba. She teaches Zumba at the Mission Valley YMCA, 24 Hour Fitness, Total Woman, Golds, Plus One, Pt. Loma Sports Club, and The Bridges. She also has her AFAA (Aerobics and Fitness Association of America) certification.

To register for Zumba, please complete the form on the next page and return it on the first day of class with cash or check made out to **Heidi Weaver**.

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Student Name_____**Grade**_____

Parent/ Guardian Name_____

Home Phone (_____)_____ **Work Phone (_____)**_____

Email_____

Medical Issues?_____

While my child is participating in Zumba at Old Town Academy I acknowledge all risks on his or her behalf and likewise assume all responsibility for any injury or damages that may occur. I release, discharge and covenant not to sue Zumba instructors, other participants, and owners/ leasors of premises used to conduct the activities. I have read the above waiver and release and understand that I give up substantial rights by signing it and I sign it voluntarily. I give my permission for my child to be videotaped, photographed, and/or interviewed for promotional purposes while attending Zumba at Old Town Academy.

Signature_____

Please Print Name_____



DOES YOUR CHILD LOVE ZUMBA? IF SO, ASK HEIDI ABOUT ZUMBA BIRTHDAY PARTIES!!! ZUMBA PARTIES/PRIVATE CLASSES FOR GROWN-UPS ALSO AVAILABLE!!!