Sweet Pea Fitness

ONSITE! *Dance and Yoga Enrichment*

CONTACT:
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WINTER/SPRING SEMESTER 2023

Winter/Spring DANCE class:

Every Thursday: January 5-May 18*

- 19 weeks + video performance TBA. *No class March 9.

It's never to early to expose children to music and movement. Children love to move, pretend and create! We use these natural tendencies to gently introduce them to the world of dance. Our technique is based on the concept of Creative Dance and includes the Brain Dance. Children will learn stretching, large motor skills, pre-ballet and tap exercises, movement concepts and across the floor steps. Your child will develop self-expression, imagination, rhythm, confidence and poise.

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Small Steps Big Strides

NOTE NEW CLASS DAYS!

Winter/Spring YOGA class:

Every Monday: January 9-May 22*

- 19 weeks + video performance TBA. *No class March 6.

Through the use of music, stories, props, instruments and lots of yoga style games, children gain the benefits of yoga while hopefully developing a life-long love of the practice. Silly yoga sequences enhance concentration skills while developing motor co-ordination. Yoga games teach co-operative play and refine listening skills which are essential for success in school. Thematic ideas such as peace, respect, gratitude & acceptance will be presented at an age appropriate level. Little yogis learn best through social interaction, repetition and play.

35 minute classes are for girls and boys ages 2-5, during school hours. Enroll at anytime!
Activities are presented in a FUN and SAFE manner, keeping with the current trends in our industry.

PAYMENT: Pay for the entire Winter/Spring Semester: $275 for one class or $525 for both.
OR make Monthly tuition payments: $55 for one class or $105 for both.
Monthly payments due promptly Jan. 1, Feb. 1, Mar. 1, Apr. 1 and May 1.
Pay by: Cash, Venmo@Amanda-Elrod-8, Zelle@3305923580, or Check payable to Sweet Pea Fitness. THANK YOU!

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Enrollment Slip for Sweet Pea Fitness: Check box: ☐YOGA ☐DANCE

Student:____________________ Birthday:__________ Phone:__________

Parent's Name:________________ Email address:____________________

I understand that enrolling my child in Sweet Pea Fitness is voluntary and agree to pay tuition: Tuition is $275 for one class or $525 for both, regardless of absences. **____________________ **Parent Signature**

I understand that any physical activity carries the risk of physical harm. On behalf of myself and my minor child, I assume the risk, that my child could suffer injury as a result of participation in dance or yoga class. I hereby release Sweet Pea Fitness, LLC, it's owner and it's employees from any liability arising out of injuries to my child in the event of accident or injury.

____________________ **Parent Signature

Please list any medical conditions: ______________________________

OK to photograph? Yes ☐ No ☐