



# ZumbAtomic for Kids

Who say's Zumba is **JUST** for adults? ZumbAtomic is a blast! That's why you're going to love The ZumbAtomic fitness program for **Big Starz**. It's a fast-forward fusion of the Zumba program's moves (Salsa, Cumbia, Reggaeton, Hip-Hop, & more) and workouts that are designed to let kids max out on fun and fitness all at the same time. Certified Zumba instructor and Prairie Ridge Mom, **Meshane Figueroa** will be teaching this fun **6 week class**. Be sure to bring comfortable workout clothes. Class will be tailored to all levels of fitness, so, bring a friend and make getting in shape FUN!!

**When:** Tuesday's 2/14, 2/21, 2/28, 3/6, 3/13, 3/20      **Time:** 8:00 - 8:45

**Where:** PRE Gym      **Who: Big Starz:** ages 8-12 from PREL

**Cost:** \$35.00 ( Includes a ZumbAtomic bracelet )      **Min/Max** 15 -25

**Registration Deadline: February 10**

## Community School Class Registration

Please make checks payable to PREL Community School

Student Name: \_\_\_\_\_ Tchr & Gr: \_\_\_\_\_

Emergency Contact Numbers:

Home: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_

My child's regular form of transportation home from school is:

**Bus#:** \_\_\_\_ **Walk:** \_\_\_\_ **Picked-up:** \_\_\_\_

Food Allergies \_\_\_\_\_ **Class ZumbAtomic (\$35 due with registration)**

\*\*\*Students must be signed out by an adult from every CS class.

### Release form for Community School Classes

I give my permission for \_\_\_\_\_ to participate in this activity. I acknowledge that participation in this activity involves some risk of injury or death, and I assume these risks. I further acknowledge that the participant is physically capable of performing in this activity. I release and hold harmless the St. Vrain Valley School District and it's personnel from any liability for any injury or death arising from participation in this activity.

**Signature of Parent/Guardian** \_\_\_\_\_

