

2019 Zumba Kids®

Program: Zumba Kids® class features kid-friendly routines based on original Zumba choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun!! Classes incorporate key childhood development elements like leadership, respect, teamwork, confidence, self-esteem, memory, creativity, coordination, and cultural awareness. Class is taught by Sarah Zarling.

Dates: Tuesdays, January 8 – February 26, 2019 (8 weeks)

Times: 6:45-7:30 pm

Location: Watertown Senior & Community Center



All students should dress comfortably and bring a water bottle.

Ages: 7-11 years

Fees: \$32.00/city resident \$48.00/non-city resident \$7/drop in

Register

Online: <https://watertownwi.recdesk.com/community>

Special Needs: The department will make every effort to comply with the regulations associated with the American's with Disabilities Act (ADA). In the space provided, list any special needs that the participant may have that would benefit his/her participation in this program. The department will attempt to accommodate these needs and will contact you to discuss participation. **Student should communicate any special needs with their instructor.**

Watertown Parks & Recreation Department

2019 Zumba Kids®

Tuesdays, January 8 – February 26, 2019 (8 weeks)

Name _____ Age _____ M or F
Address _____ City _____
Phone _____ Email _____

List any special needs or medical conditions this participant has _____

I understand the inherent risk of injury in participation in this sports program and verify that the person listed above is medically fit to participate. I give my permission to the supervisors of this program to take the proper steps in case participant listed above is in need of emergency medical attention. I also release the sponsoring groups and their agents from any and all claims arising from this participant's participation in this activity.

Signature of Parent/Guardian _____ Date _____

Fee Paid: \$32.00/cr \$48.00/ncr \$7/drop in

Fitness

Register Online:

<https://watertownwi.recdesk.com/community>