

BACK TO BACK DANCE AND YOGA FUN FOR 3-6 YRS!!



FIRST STEPS CREATIVE DANCE:

A fun introductory series of six sessions of Modern Dance for your Preschooler! Your child will learn basic terminology and techniques while building motor skills, improving coordination, flexibility, and encouraging creativity! This is a great introduction to the fabulous world of modern dance.

YOGA STARS: A perfect parallel to dance, includes Yoga skill sets, Yoga poses, breath work, strength building, flexibility, and relaxation techniques, all based in a story setting to keep children engaged and never bored. Your child will be introduced to yoga through stories, music and games.



** Both classes conducted according to COVID-19 guidelines approved by Summit County Health Department

Want to receive 5% back on any one program? Simply complete one of the following:

- Refer a friend and they sign up or
- Enroll a second child

Or, want to get 7.5% back then refer two friends who enroll or enroll a second child in both classes:

Register for One or Both: <https://wasatchfamilyfitness.com/classes>

Location:

Basin Recreation
Fieldhouse

SATURDAYS

OCT 10—NOV 21,
2020 (NO CLASS
10/31)

FIRST STEPS
10:30—11:15 AM
YOGA STARS
11:15-Noon
6-45 MIN
CLASSES

Cost: \$85 for
either one

Registration
Deadline:

Monday, Oct 5, 2020

STRETCH-N-GROW OF UTAH/
WASATCH FAMILY FITNESS

IN PARTNERSHIP WITH BASIN
RECREATION FIELDHOUSE



Questions:

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