

Kids Group Exercise Summer Programs

YogaKids – for ages 3 - 6 and 7 - 13.

YogaKids is a unique approach to integrative learning using yoga as a pathway. Reading, storytelling, music, and creative arts blend seamlessly with yoga movement to educate the “whole” child. Children who practice YogaKids develop strong, limber bodies, foster creative expression and imagination, relax and sleep better.

Please bring a Yoga mat to each class.

YogaKids	Tuesday	Thursday
3-6 year olds	9 – 9:45	9 – 9:45
7 – 13 year olds	10 – 11	10-11

Sessions 2 and 4 and 6

\$28/session/member and \$40/session/NONmember

\$14/session 6/member and \$20/session 6/NONmember (session 6 only)

ZumbaKids – for ages 3 – 6 and 7 - 13.

Yes, kids can Zumba too! This Latin inspired dance/fitness class is designed just for KIDS! Kids will have fun dancing to upbeat, kid friendly music while learning Latin, Hip-Hop, Reggaeton, and other International moves. Zumba Kids encourages your child to make fitness an important part of their life and teaches them that exercise can be FUN!

Zumba Kids	Monday	Friday
Ages 3-6		9 – 9:45
Ages 7 -13	9:30 – 10:30	10 - 11

Sessions 1, 2, 3 and 6

3-6 year olds - *\$14/session/member and \$20/session/nonmember or \$7/session 6/member and \$10/session6/NONmember*

7 – 13 year olds - *\$28/session/member and \$40/session/NONmember or \$14/session 6/member and \$20/session 6/NONmember*

Kids Gym – for ages 7 – 13.

Kids will participate in fun and exciting group activities including tag games, ball games, modified sports, and much more! Have fun and play!

Kids Gym	Tuesday	Wednesday
Ages 7 – 13	2 - 3	2 - 3

Sessions 2 and 3 and 6

\$28/session/member and \$40/session/NONmember

\$14/session 6/member and \$20/session 6/NONmember

Kids Summer Program Session Dates -

Session 1 is a one-week session 6/22 – 6/26

Session 2 is a two-week session 6/29 – 7/10

Session 3 is a two-week session 7/13 – 7/24

Session 4 is a two-week session 7/27 – 8/7

Session 5 is a two-week session 8/10 – 8/21

Session 6 is a one-week session 8/24 – 8/28

*Interested in having Wayside host your child's birthday party?
Choose from a fun and exciting menu of activities like
Swim, Zumba, and more!*

For more information contact Group Exercise Director,
Jeanine Ruffing at 508-481-1797 x29 or cjruffing2002@yahoo.com