



Yoga for Kids 3-13! Fall 2019

Main Hall-Community-Kenneth C. Aitken Senior & Community Center



Yoga Tots (3-5 yrs.)

In a non-competitive, adventurous and validating environment, we'll use our bodies and imaginations to practice yoga poses, breathing, gratitude, and self-love. Great for strengthening muscles, improve balance and flexibility, increase self-confidence, and learn ways to calm and center the mind. *Health & Fitness/Preschool. No class 10/31/19*

THURS	3:15-3:45 PM	SEP 12-OCT 10	\$47 Resident (\$57 non)	5 Classes
THURS	3:15-3:45 PM	OCT 17-NOV 21	\$47 Resident (\$57 non)	5 Classes

Little Yogis (6-8 yrs.)

In a non-competitive, adventurous and validating environment, we'll use our bodies and imaginations to practice yoga poses, breathing, gratitude, and self-love. Great for strengthening muscles, improve balance and flexibility, increase self-confidence, and learn ways to calm and center the mind. *Health & Fitness/School Age. No class 10/31/19*

THURS	4:00-4:45 PM	SEP 12-OCT 10	\$53 Resident (\$63 non)	5 Classes
THURS	4:00-4:45 PM	OCT 17-NOV 21	\$53 Resident (\$63 non)	5 Classes

Yoga for Kids (9-13 yrs.)

Bring your heart, imagination, and lots of energy! We'll practice yoga poses, play games, learn new ways to breathe and relax and explore gratitude, compassion, self-love and more! Great for strengthening muscles, improving balance, increasing self-confidence, and learning ways to calm the mind. No experience necessary. *Health & Fitness/Teens. No class 10/31/19*

THURS	5:00-6:00 PM	SEP 12-OCT 10	\$58 Resident (\$68 non)	5 Classes
THURS	5:00-6:00 PM	OCT 17-NOV 21	\$58 Resident (\$68 non)	5 Classes

Health & Fitness

Registration questions please call 510-881-6700 or register online at www.haywardrec.org.

Creating Community through People, Parks and Programs.

1099 E Street, Hayward, CA 94541 ♦ 510-881-6700 ♦ www.haywardrec.org