



**By Adriana DeSousa**

**RYT Certified yoga teacher - Radiant Children Yoga certified  
KYTA member - Yoga Alliance registered teacher.**

Have plenty of fun in this creative movement class designed only for children. You will learn yoga postures to keep you healthy and strong. Special breathing to have more focus, concentration and relaxation. We will have lots of games to laugh inside and out and limber your body.

And more, the yummy relaxation on the end the class will calm and relax you. Yoga will make you feel good, happy, self-confident and healthy.

What to bring: Wear loose clothes, your yoga mat, your favorite blanket for relaxation time, and maybe your favorite stuffed animal.

**Grade: K-5                                      Mondays                      Dates: Jan 25, Feb 1,8,22, March, 1,8,15,22**

**Class Size: Min 6, Max 12    Time: 3:30-4:30                      Fee: \$80                                      Location: Gym**

**PLEASE RETURN THIS FORM TO SCHOOL**

**TO THE ATTENTION OF LORI LEWIS**

**AFTER SCHOOL ENRICHMENT**

**Student Name \_\_\_\_\_ Grade \_\_\_\_\_ (if kindergarten, AM/PM)**

**Teacher \_\_\_\_\_ Room # \_\_\_\_\_**

**Comes from TLC \_\_\_\_\_ Return to TLC \_\_\_\_\_ (Make sure TLC knows to send child) or Pick up \_\_\_\_\_**

**Home Phone \_\_\_\_\_ Emergency Phone No. during activity**

\_\_\_\_\_

**Email \_\_\_\_\_.**

**I can volunteer to check attendance (circle days available)**

**Classes will not run if we do not have a parent volunteer**

**Monday**

**Health concerns/Allergies/Special Needs : \_\_\_\_\_**

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- Payment for each class is due at time of enrollment.
  - Refunds will only be given if a class is cancelled due to low enrollment or if the class is already full when your enrollment form is received.
  - Parents or guardians must sign out children being picked up at the end of each class. A sign-out sheet will be available in each class location.
  - Please remind your child each day that they will be attending a class.
  - Please send in a note for each day they are staying afterschool. Attached are sample letters feel free to make copies.

**COURSE OFFERINGS**

<u>Class</u>	<u>Day</u>	<u>Grade</u>	<u>Fee</u>
___ Yoga	Mondays	K-5	\$80

**Total Amount enclosed:** \$ \_\_\_\_\_ check \_\_\_\_\_ (Payable to **Middlebrook PTA**) or Cash \_\_\_\_\_

I give \_\_\_\_\_ permission to be at Middlebrook for the After School Enrichment Program.

I understand that it is my responsibility to make sure that my child attends class on the appropriate days.

- I will send a note to my child's teacher on each and every day(s) that they will be attending program.
- If I do not send in a note, my child will be sent home in their usual mode of transportation.
- I understand that I will not receive any reminder phone calls from the School or PTA.
- I will be ON TIME in picking up my child at the end of each class.
- There will be no confirmation of classes, so please mark the day, dates and times for each class on your calenders. You will only be contacted if there is a problem or change.