

# May 2013

## Descriptions:

Hip Hop class meets on Thursdays from 5-6. Come learn the 4 basic fundamentals of breakdancing all while learning to dance to the hip hop beat.

Yoga is a 45 minute class for ages 4-12 that will teach stretching, poses, improve flexibility and more!

B&G Fit club a new program to keep your boys movin' and your girls groovin'. Come join our 2 coaches for an hour of circuit style exercises. Boys meet Wednesdays and Girls on Thursdays.

Birthday Parties, please see Heather in Kid Kare for more info.

Fit Kids is a 45 minute boot camp style class to get your kids moving and burning some calories all while having fun.

Krafty kids is a fun and safe way to get messy and creative and leave with some awesome projects!

YOU'RE INVITED MOM!!  
Join your child in any of their KK classes the week of May 5th! Be on the lookout for invites!  
Happy Mother's Day!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> 4:30 B&G #5	<b>2</b> 5:00 B&G #5 5:00 Hip Hop #4	<b>3</b>	<b>4</b>
<b>5</b> <i>Mother's Appreciation Week</i>	<b>6</b>	<b>7</b>	<b>8</b> 4:30 B&G #6	<b>9</b> 5:00 B&G #6 5:00 Hip Hop #5	<b>10</b>	<b>11</b>
<b>12</b> <i>Happy Mother's Day!</i>	<b>13</b>	<b>14</b> 4:45pm Mom and me Zumba w/ Sarah	<b>15</b>	<b>16</b> 5:00 B&G makeup class 5:00 Hip Hop #6	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b> <i>Kid Kare is closed</i>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	

Phys-Ed's Kid Kare Programming  
Calendar May 2013

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