



Music is fun, and when we enjoy ourselves we learn without knowing we are learning. Zumba activity is a program that gives children the freedom and confidence to grow as they develop their social, motor and cognitive skills.

Zumba is a Music and movement class created for children full of music, dance and educational tools.

It helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness more fun.

#### **Thursday**

Age : 3-6 years  
Time 15:15 till 16:00 (with snacks)  
Price Chf 25  
16:00 – 17:30 Garderie  
Price 10/h per child

#### **Friday**

Age : 6 -12 years  
Time 16:15 till 17:30 (with snacks)  
Price 25.-

Animated by: Anila Hussain  
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*\*Minimum number of 3 children per class.  
\*5% sibling discount*

