



## Kids in Motion - Fun Fitness

### **Hip Hop and Run Club**

**\*This is a Lees Corner PTA Sponsored Event\***

**Hip Hop** Wednesdays 3:45-4:45pm K-5 on the Stage  
Apr 18, 25 May 2, 9, 16, 23, 30 June 6 = 8 classes (none missed)

**Run Club** Fridays 3:45-4:45pm K-6 Outside  
Apr 20, 27 May 4, 11, 18, 25 June 1, 8 = 8 classes (none missed)

**To Register:** Discounted \$93.00 rate for Lees Corner PTA Members. \$97.00 rate for parents who are not a part of the PTA. Register: [www.novakidsinmotion.com/registration/](http://www.novakidsinmotion.com/registration/)



**Hip Hop** is for kids in grades K-5. This is a high energy, exciting dance class specifically designed for children. Classes are set up with kid friendly hip hop music, movements, and routines. Hip Hop Dance is a great fit for children and it creates an environment of excitement around being healthy and active! Instructors are certified Zumba Kids instructors through Zumba International, which certifies them to teach 4-12 year old children, or they are experienced Hip Hop/Dance instructors. All instructors receive further training through NOVA Kids in Motion lead dance instructors.

**Run Club** is for boys and girls in grades K-6 who come out to run for fun and fitness! Kids run in groups with their peers. They learn the fundamentals of walking, power walking, jogging, running and sprinting so they can learn to pace themselves and run further each week. Coaches engage the kids in super fun running warm ups, such as sharks and minnows, tag games, and team racing competitions. During running time, they track their distance by picking up a popsicle stick at the completion of each lap and work toward new goals each class. At the end of the class coaches and kids stretch together, go over their distance they achieved that day and their distance goal for the next class. When weather permits, parents are invited to the last class of the session to run 2 miles with their child.

Contact us at: **703-927-8653** or [eleni@novakidsinmotion.com](mailto:eleni@novakidsinmotion.com)

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