



Stretching & Mindfulness Games at Husky House, Fridays, January 10 – February 28

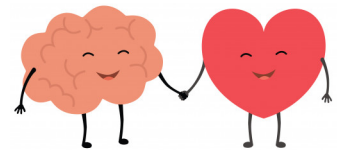
Yoga sequences and lively physical fitness activities assist in increasing balance, muscular strength, endurance and flexibility. Using a storytelling structure, participants learn to perform many child-friendly yoga postures as well as partner and challenge poses. Our goal is personal improvement in motor skills, physical fitness, personal awareness and social skills.

Husky House teacher Jordan has developed her personal practice of yoga and mindfulness over several years. She previously worked in Kid Exercise at Oakwood Athletic Club focused on this area.

January		February	
1/10	Seeds to Trees	2/7	Dogs and Cats
1/17	Waterfalls and Mountains	2/14	<i>No class today - HH Party Day</i>
1/24	Sun and Moon	2/21	Rain and Rainbows
1/31	Fish and Frogs	2/28	My Story

PLEASE NOTE:

- ❖ Husky House staff are always present and will escort your child to or from TK or Kindergarten.
- ❖ Mindfulness class is from 8:30 -9:30 or 1:15-2:15.
- ❖ If your child is NOT contracted for care on Thursdays at Husky House but would like to participate in this class, there is an additional fee for childcare and Husky House activities.
- ❖ Children signed up for the 12:45-2:30 timing will be escorted to the main turnaround for pickup.
- ❖ We need licensing forms on file for your child(ren) prior to their attendance. They can be found on our website (huskyhouseforkids.org) OR at our center.
- ❖ Children not enrolled in optional enrichment classes have a wide variety of other activities from which to choose.
- ❖ We need a minimum of 6 children to enroll in class to offer this enrichment opportunity.
- ❖ Refunds will only be issued if you provide notice of cancellation by the first class or if Husky House cancels due to low enrollment.



This class is open to all TK and KINDERGARTENERS



Stretching & Mindfulness Games Classes at Husky House

Yes! Please sign up my child _____ for Fridays, 1/10 - 2/28 (no class 2/14).

HVE Teacher _____ Parent Name _____ Phone # _____

Please circle the pricing that applies:	My child is already contracted for Thursdays at Husky House	My child needs to be added to Thursdays for the dates of class.
Mindfulness Games Class AFTER classroom time, 12:45 - 2:30 escort from class, (TKs please send a nut-free lunch with your child) class is from 1:15-2:15	\$175	\$301
Mindfulness Games Class BEFORE classroom time, 8:30-9:30 And an escort to class	\$175	\$245

Please return your completed form to Husky House ASAP for best chance of securing a place in this class.

Contact us with questions at 925-283-7100 or officestaff@huskyhouseforkids.org

OFFICE USE: Date Rcvd _____ Roster _____ Inv./Amt. _____ Paid _____ Lic. Forms on File _____ Talled _____
