



The Parks and
Recreation
Department

Call 613 432-3131 or Drop
In to the Recreation Centre
to Pre-Register for

2010

Zumbatomic®

ZUMBAtomic



ZUMBA®
for Kids!



Kids love to crank up the music, shake, wiggle and have a blast with their friends. So why not get fit while they're at it? Designed for ages 4-12.

ZumbAtomic® blurs the lines between fitness & entertainment with its many characters that were designed to be role models and its original music specifically designed for kids. Young dancers are given the opportunity to get into fabulous, kid active shape through repetition, great music, cool lyrics and fun!

The routine also goes outside of just Latin tunes, incorporating hip-hop and other forms of music.

Tuesdays at Ma-Te-Way with Jayleen

8 weeks per session ~ PRE-REGISTRATION REQUIRED

January 5th - February 23rd, 2010

Little Starz (30 min class) Ages 3 - 8

Cost: \$45.00

Min: 6 Max 30

ZA 1 4:30 - 5:30 pm or

ZA 2 5:00 - 5:30 pm

Big Starz (45 min class) Ages 8 - 14

Cost: \$55.00

Min: 6 Max 30

ZA 3 5:30 - 6:15 pm



GET YOUR KIDZ
ZUMBAtomic
TODAY!